

Coach & Athlete

THE MAGAZINE FOR COACHES, TRAINERS, OFFICIALS AND FANS

VOLUME XXIV

AUGUST, 1961

NUMBER 1



Coach Duffy Daugherty and Captain Ed Ryan
Michigan State University

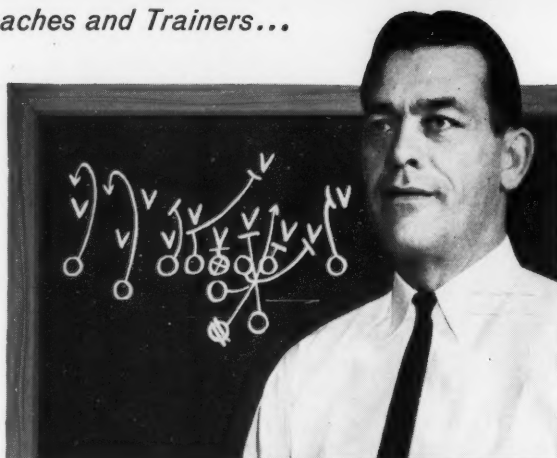
A Special Report to Athletic Directors, Coaches and Trainers...

"Here's why Rawlings R5 football fits the complex ball-handling techniques of modern football perfectly."

Chuck Farrington

DIRECTOR,

RAWLINGS SCHOOL AND COLLEGE DEPARTMENT



Rawlings T-Construction Makes for Easier, More Confident Ball-Handling

First of all our football is designed to *minimum* size standards—that means the least amount of ball to handle. Within these size standards we shape our ball so the player can get more hand around it. The special tannage of the cover leather gives maximum traction for the fingers. The R5 is compact, tightly and carefully built. The shape is consistent so that once the player is familiar with an R5 he knows *every* R5. Try it—Football's finest football.

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Now! Ice-Pak any injury in just 2 seconds!

Remarkable new discovery!
NEW KWIK-KOLD INSTANT ICE-PAK.

Gives instant cold that lasts up to 1/2 hour! For sprains, swelling, bruises and minor bleeding. Helps minimize injury, speed recovery.

Doctors know that prompt application of cold is one of the most important first aid treatments for injury. And how fast cold is applied can often make the difference between days, and even weeks, of recuperation.

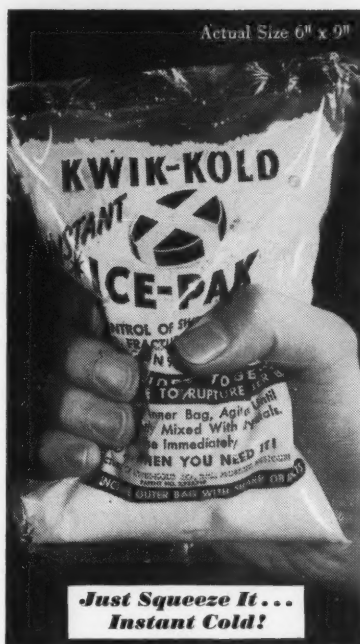
Now a new scientific discovery called KWIK-KOLD makes it possible for anyone—anywhere—to get the medical benefits of cold in a hurry!

New KWIK-KOLD Instant Ice-Pak gives you *instant cold* for any injury. Relieves pain on the spot—reduces swelling and minor bleeding. Much faster and handier to use than old-fashioned ice bags and, unlike ice, is always available, is not messy, is easy to carry on trips.

Quick and easy to apply. Just squeeze the plastic bag and—in just 2 seconds—you get instant cold that *stays cold* up to half an hour! The tough yet flexible plastic bag conforms readily to body contours. Non-toxic and safe, even if the bag is punctured. Keeps for extended periods of time.

Kwik-Kold provides ready relief for athletic injuries. Used by the 1960 U.S. Olympic Team, Kwik-Kold should be standard equipment for all football, basketball, and baseball teams as well as other athletic groups. For all sports injuries—sprains, black eyes, cuts and bruises—Kwik-Kold is handy and effective, indoors, outdoors, in all seasons.

New KWIK-KOLD belongs in the first aid kit of everyone who has to deal with sudden injuries. Get Kwik-Kold from your local first aid equipment supplier or write International Latex Corporation, 350 Fifth Avenue, New York 1, N. Y.



Kwik-Kold can be stored at any temperature, always ready for immediate use. Tough yet flexible plastic bag contains dry Cold-Crystals and an inner pouch of special fluid. When you squeeze bag, fluid is released to activate crystals and give *instant cold*. Apply as you would an ice pack. Bag measures 6" x 9", conforms smoothly to body contours, is not lumpy, messy, or drippy. Dispose of bag after use.

How Cold Works in the Treatment of Injuries:

Cold is medically recognized for its value in the treatment of various injuries. In *minor bleeding*, cold has an astringent action on tissues and constricts capillaries, thus acts to reduce blood flow at the site of the wound. By reducing effusion of blood to wound, cold helps reduce *swelling, inflammation, and discoloration* in bruises and sprains. The local anesthetic effect of cold helps *relieve pain*. And because it restricts blood flow to and from the wound, cold slows spread of venom in treating *insect and snake bites*.

How To Use Cold in Emergency First Aid:

Sprains. Elevate injured part to a comfortable position. *Apply cold packs* to sprain to ease swelling and relieve pain.

Bruises, Black Eyes. Apply cold pack promptly to bruise for 20 to 25 minutes. Cold inhibits flow of blood to wound, helps limit discoloration, reduce swelling and pain.

Bleeding. In bleeding from the nose, the head should be kept erect, as lowering the head tends to encourage continued flow of blood. *Apply cold* to the nose, and if the bleeding is from near the tip of nose, pinch the nostrils together for a few minutes. In bleeding from cuts and abrasions, keep the area raised and *apply cold* in conjunction with other prescribed treatment.

Insect & Snake Bites: For bee, wasp and hornet stings, remove stinger with sterilized needle or knife point. *Apply cold* to sting to relieve pain and slow absorption of venom. Apply calamine lotion to relieve itching. For *ant, chigger and mosquito bites*, wash affected parts with soap and water, then apply paste of baking soda. *Apply cold* to reduce swelling. For *snake bite*, follow prescribed first aid procedure, using *cold* application on wound to relieve pain and help limit spread of venom.

Sunstroke. For mild sunstroke (marked by headache, fatigue, dizziness and, perhaps, fainting), cool patient off quickly. *Apply cold packs* to head to help lower body temperature.

Minor Burns. Follow recommended first aid procedures to exclude air from burned area and prevent contamination. *Apply cold packs* to relieve pain.

Other Uses. Cold packs may be considered for use in conjunction with other appropriate first aid measures in treating minor head injuries, suspected appendicitis, headache and fever, toothache, and fainting.

Coach & Athlete

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AUGUST / 1961

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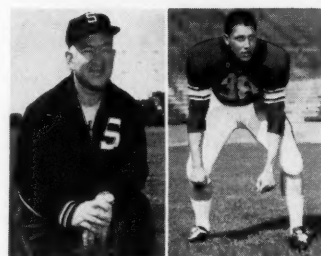
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In the next issue ...

Campus Close-Up
University of California
Technical Articles
Features

FRONT COVER



Coach Duffy Daugherty
and
Captain Ed Ryan
Michigan State University

CHANGE OF ADDRESS:

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COACHES REPORT: MACGREGOR E700 HELMET

"No neck injuries and not a single complaint on helmets for the first time in my coaching career." —

Bill Murray, head football coach, Duke University

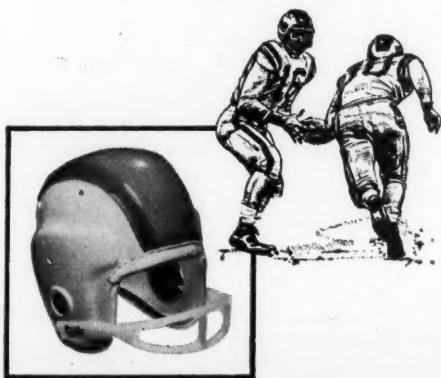
"I think the E700 series is the answer to all coaches' problems when it comes to protection, comfort, durability and all around use."

This statement by Bill Murray, veteran of 22 years in big-time college coaching, is typical of comments from college and high school coaches everywhere. The E700 series is that good. And that safe. Reinforced Cyclocac shell . . . lightest and strongest in the game; Geodetic* crown suspension; and Absorblo** padding . . . all MacGregor exclusives . . . make the E700 the lightest and safest helmet in today's bruising game. The Absorblo** crown panel, giving the appearance of an Apache haircut, found extensive use last year—provides extra protection to wearer and opponent alike.

The entire E700 series is built to cradle the head, soak up shock of both head-on and angle blows. MacGregor E705 has Geodetic crown suspension nylon web; E70A features Absorblo crown suspension—each provides the most protection you can give your players against head and neck injuries. As Bill Murray says, E700 series is the answer to any coach's problems. Put your team in the helmets cheered by coaches everywhere as the greatest in the game. See your MacGregor dealer today.

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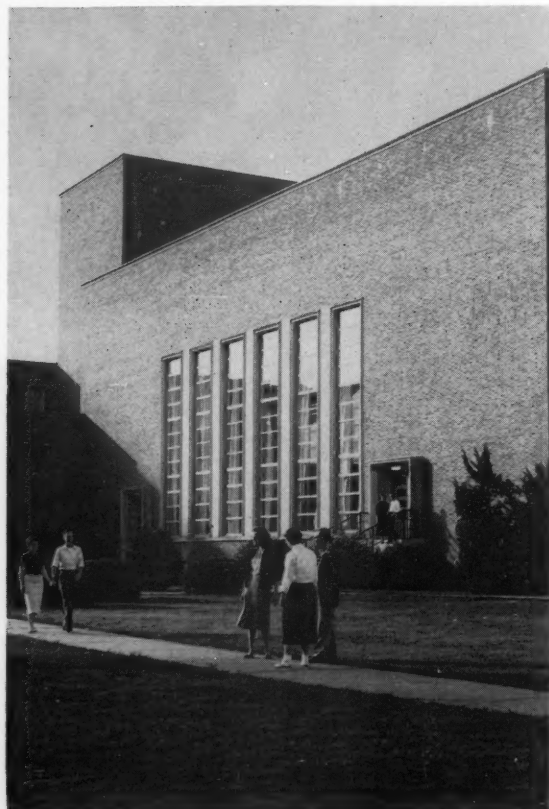
**DIVISION OF BRUNSWICK
WORLD LEADER IN RECREATION**



Sylvan Nelken (left), Dean of Administration, with President John S. Kyser, examining blueprints for a new building in a growing institution.



The Fine Arts Building, home of the Music, Speech and Art Departments, contains two auditoriums and one of the best equipped stages in the country.



CAMPUS CLOSE-UP

NORTHWEST STATE COLLEGE

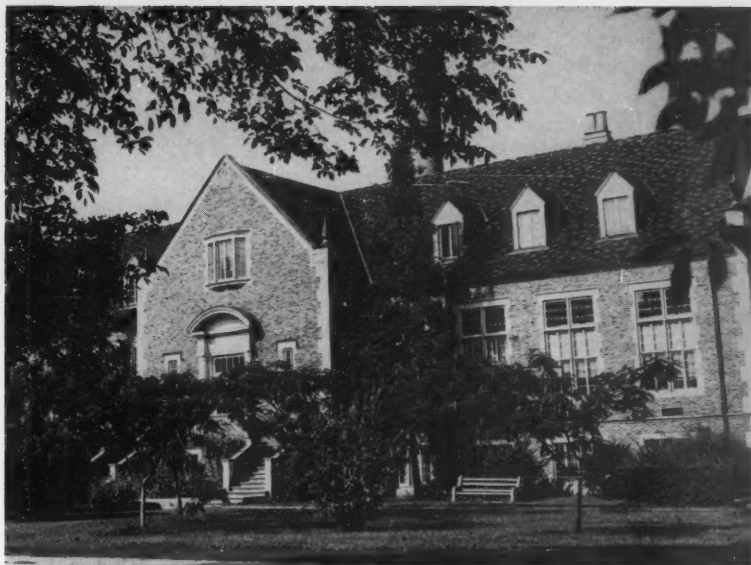
OF LOUISIANA

By GUY W. NESOM

PROUD OF ITS distinction as the oldest State College in Louisiana, Northwestern State College, now in its seventy-sixth year, is located on a beautiful 766 acre campus in picturesque Natchitoches. This northwest Louisiana city of 14,000, oldest settlement in the original Louisiana Purchase territory, enjoys an historic heritage, as does the College. Seventy miles to the north lies Shreveport, one of the largest cities in the state, where two of NSC's traditional football games are played each year in the Louisiana State Fair Stadium.

The College was first established as the Louisiana State Normal School in 1884 by the Louisiana Legislature. In 1918 the name was changed to Louisiana State Normal College and the institution became a regular four-year college with its major purpose the education of teachers for Louisiana schools. With a broadening in the purposes and scope of the college, the present title of Northwestern State College of Louisiana was adopted in 1944. The student body of more than 3,000 is divided among the graduate school and four undergraduate schools: Arts and Sciences, Applied Arts and Sciences, Nursing, and Education. Northwestern State College is a member in good standing of the Southern Association of Colleges and Secondary Schools, the Association of American Colleges, and the American Association of Colleges of Teacher Education, and all programs have been accredited by the National Council for the Accreditation of Teacher Education.

WESTERN COLLEGE



Russell Library is fully air-conditioned and has a lighting system especially designed for library use. The book collection includes 114,000 bound volumes in addition to thousands of pamphlets, pictures, micro-films and other records. The library currently receives 975 periodicals and is an official depository of Federal and State documents.

PROMINENT LEADERS OF PAST

Athletics and physical education have long been accorded a respected place in the over-all educational program at NSC. This has been due in no small part to the leadership of four persons no longer in active service at the college.

Dr. C. C. Stroud, now deceased, was head of the Health and Physical Education Department for sixteen years until his retirement in 1939. He was well known as an outstanding coach, sports official, and physical educator throughout the South. Named in his memory, Stroud Field is the setting for college baseball games. **H. Lee Prather**, who served as athletic director and head coach in football and basketball for many years, became president of the College in 1950, serving in this position until his retirement in 1954. He was named to the Helms Foundation All-American Hall of Fame for Basketball and served as president of the N.A.I.B., the forerunner of the National Association of Intercollegiate Athletics. **Mrs. Thelma Z. Kyser**, wife of the present president of NSC, was one of the pioneers in health and physical education in the South. She helped to organize the Louisiana Association of Health and Physical Education in 1936 and served as its first president. Mrs. Kyser was chairman of the women's health and

physical education program at NSC for many years prior to her retirement in 1940. **Harry H. Turpin** was long associated with the Northwestern State College athletic program, both as an outstanding player and successful coach. Coach Turpin served as athletic director as well as head coach in football and track, making many contributions to athletics in Louisiana. Prior

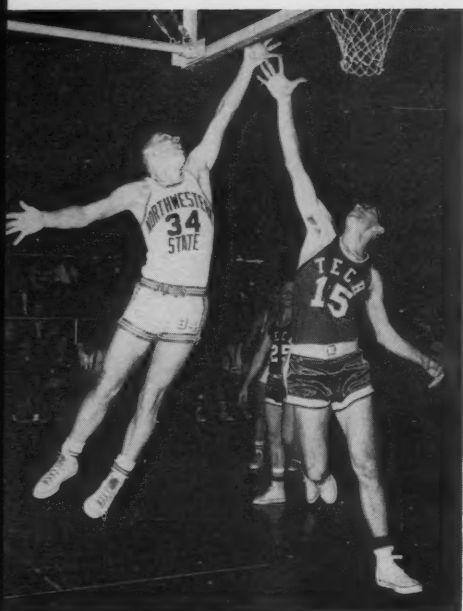
to his retirement in 1956, Coach Turpin was honored by being named to the N.A.I.A. Athletic Hall of Fame in recognition of his years of dedication to sports.

Northwestern State College has established an enviable and unusual record in the long tenure of its coaches in the pressure sport of football. In more

(Continued on Page 8)



A campus lake makes possible a full aquatic program including small craft activity, water skiing and other outdoor water sports.



Senior Larry Skinner going high to snare a rebound in a game in which N.S.C. defeated Louisiana Tech.

NORTHWESTERN STATE

(Continued from page 7)

than fifty years of NSC football history only four men have served as head coach: Dr. C. G. Poole, 1908-1912; H. Lee Prather, 1913-1933; Harry H. Turpin, 1934-1956; and Jack Clayton, 1957 to the present. A member of the Gulf States Conference, NSC tied for the championship in 1957 and again in 1958. Non-conference football

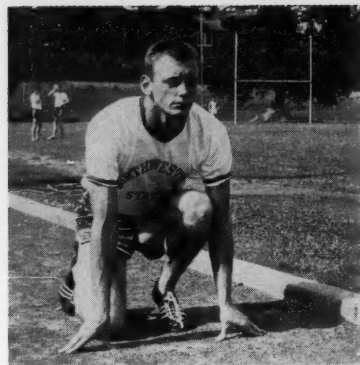


One of the all-time greats at N.S.C., Charles Tolar was all-G.S.C. in 1957 and 1958, during which years he led the conference in rushing and in scoring. Tolar was voted the conference's Most Valuable Player in 1957 and 1958 and was named to the 2nd Team Little All-America selection in 1958. He is now playing professional football with the Houston Oilers.

games scheduled for 1961 include contests with the University of Arkansas' Cotton Bowl Team and the University of Mexico. Among recent NSC graduates are Charles Tolar and Charles Hennigan, both of whom are now starring in professional football with the Houston Oilers Championship team.

INTERCOLLEGIATE ATHLETICS

Basketball teams of Northwestern State College have been particularly outstanding through the years, and the fact that only three men have served



Charles Hennigan, an all-time track great of N.S.C., achieved the following records in competition: 100 yards, 9.9 seconds; 220 yards, 21.3 seconds; 440 yards, 47.2 seconds; 880 yards, 1:54.3 seconds; and he anchored a mile relay for 3:18.2 seconds.

Hennigan, currently a star halfback with the Houston Oilers championship professional football team, was an all-conference back and a leading pass receiver in football at N.S.C.

as head coach in the history of this sport bespeaks the College's highly successful record. H. Lee Prather and Dr. Charles "Red" Thomas, both of whom had excellent records, were the only basketball coaches to precede the present Huey Cranford, whose team is defending Gulf States Conference champion, and it was the defending champion of the outstanding Gulf South Classic Tournament, which is staged in Shreveport, Louisiana, in December of each year. The 1959-1960 team won twenty-three games with only five losses. Among NSC's victims last year were many outstanding teams, including George Washington, Hardin Simmons, Murray State College of Kentucky, and Eastern Kentucky State College.

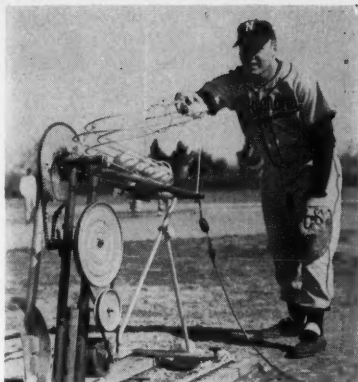
Track Coach Walter Ledet has compiled an enviable record since becoming head coach in that sport in 1952. During this period his Demon track squads were conference champions five times, and he was named GSC "Track Coach of the Year" for five straight years, 1953 through 1957.

Alvin "Cracker" Brown, GSC "Baseball Coach of the Year" in 1957, has fielded strong teams in this sport year after year. His 1957 team with a conference record of ten games won and five lost was named GSC Conference Co-Champions. Brown-coached teams have not finished below third in the conference during the last five years.

Golf, tennis, gymnastics, and swimming are the other sports in which NSC promotes intercollegiate competition, thereby providing a maximum opportunity for all those men students who wish to participate in a varsity



All athletic coaches, as well as health and physical education staff members, teach and hold faculty rank. The combined staffs include, front row, L. to R.: Dr. John Piscopo; Mrs. Melba O'Quinn, Chairman of Women's Division of Health and Physical Education; Miss Addie Thompson; Miss Violet Davison; Dr. Colleen Nelken; Mrs. Betty Walker; Dr. Charles Thomas. Standing: Paul Marx; Huey Cranford; Walter Ledet; Ernest Howell; Dr. Guy Nesom, Director of Health and Physical Education; Jack Clayton, Athletic Director; Alvin Brown and Dr. Duane Slaughter.



Kemp Gordon, heavy hitting all-conference first baseman, is "feeding" a pitching machine used in batting practice.



"Men in Bronze" are featured in N.S.C. gymnastic demonstrations staged throughout Louisiana each year.

athletic program. Team members are presented coveted varsity awards in each of the eight sports and all are eligible for membership in the lettermen's organization, the "N" Club.

HEALTH AND PHYSICAL EDUCATION PROGRAM

The health and Physical Education Department is responsible for the preparation of teachers and athletic coaches, and for providing curricular and recreational experience in sports and related programs for the entire student body. The intramural athletic program affords competition for men and women in nineteen sports, including such activities as fencing, bowling, and gymnastics, as well as in the more common team and individual sports. Among the special groups sponsored by the health and physical education department are a coed aquatic club, a coed dance group, the men's gymnastic team, the women's gymnastic group, a women's drill squad, the P.E. Majors Club for Women, a badminton association, and a chapter of the national physical education fraternity for men, Phi Epsilon Kappa.

STAFF AND FACILITIES

The teaching staff includes eleven full-time men and women teachers, five of whom hold doctor's degrees. These teachers are supplemented by the athletic staff and graduate assistants who do some instruction. In addition to skilled leadership, Northwestern State College has more than adequate facilities for a strong health

and physical education program. There are three gymnasiums on the campus as well as a modern indoor natatorium and the Louisiana State Legislature has just granted Northwestern State College \$1,200,000.00 to construct a coliseum, which will house the intercollegiate athletic program as well as a number of other college activities. Extensive outdoor areas, which include a campus lake and waterfront, tennis courts, track and football stadium, a baseball stadium, and four separate practice and play fields, make possible a well-rounded program of athletics and physical education.

NORTHWESTERN STATE COLLEGE

Natchitoches, Louisiana

COLORS—Purple and White

TEAM NICKNAME—Demons

BAND—Demon: 45 Men, 30 Women

STADIUM CAPACITY—6,000

GYMNASIUM CAPACITY—2,500

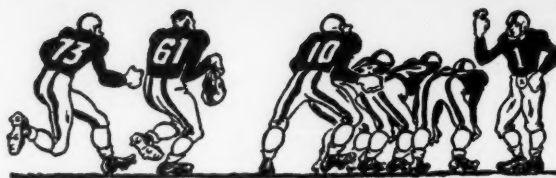
CONFERENCE—Gulf States



The beautiful indoor natatorium provides a home for the Aquatic Club, the Flamingos, as well as a facility for classes, recreational swimming, and intercollegiate competition.



THE HUDDLE



By DWIGHT KEITH

1961 KICKOFF

With this issue of **COACH & ATHLETE**, we begin our 24th annual lap around the sports circles of the nation. Through this medium, we are privileged to visit with coaches, trainers, officials and fans from coast to coast. In our monthly "get together", we chat and chum with the athletic personnel in every type school — the small rural school with its one-man staff and the metropolitan high schools and colleges with their broad programs and large staffs.

We are keenly aware of the responsibility entailed and we here pledge anew our conscientious and best efforts to bring to our readers material that best meets their needs, and will foster and promote the highest and best in amateur athletics.

AN OPEN LETTER TO THE COACH

Dear Coach:

It's kick-off time for another football season. For many coaches it will be the first time they will experience the thrill of seeing their choice of the starting lineup take the field. For others, it will be a repetition of this exciting moment which they have experienced many times during many eventful seasons.

Now in the relative quiet of late summer, you have made basic preparations for the big moment and the approaching

season. You have settled on your style of offense, the defenses you will employ, the personnel you will go with in that opening game, and your over-all principles of strategy. You have worked out this carefully — laboriously — for it means much to you, the school and the fickle alumni. It means win or lose, success or failure.

Coach, may we suggest another area where preparation is essential, though sometimes neglected. That area is yourself. You have spent so much time preparing your team and getting your equipment and facilities in readiness you might have neglected yourself. Are you personally ready for the problems and pressures of the season and the responsibilities of being "Coach"? We know, Coach, that winning is important. It's your bread and butter and, too, it's important that our youth be taught to extend themselves to their best effort.

In your striving for victory, keep ever in mind that you are working with boys — boys who take all their cues from you. In the years ahead, they will remember you as you were in the fall of 1961, when you were their coach. Remember, you are teaching through the medium of football. Carry out your part of the assignment so that the handshakes down through the years will be warm, genuine and grateful!



COACH & ATHLETE

The Magazine for Coaches, Trainers, Officials and Fans

REGULAR MONTHLY FEATURES:

- (1) **Technical Articles** — A professional aid to coaches, officials and trainers.
- (2) **Feature Stories on High Schools and Colleges** — Of great interest to administrators, alumni and friends of the school.
- (3) **Regional Coverage** — Monthly reports by outstanding correspondents from eight geographical regions of the nation.
- (4) **Miscellaneous Feature Material** — Appealing to sports fans as well as coaches, officials and players.

COACH & ATHLETE Advocates:

- | | |
|---|---|
| (1) Fair play | (5) Christian principles |
| (2) Clean speech | (6) High standard of sportsmanship and ethics by coaches, players, officials and fans. |
| (3) Sound scholarship | |
| (4) Well-rounded athletic programs | |

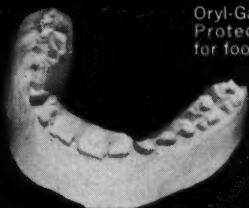
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fitting*

ORYL GARD

DESIGNED BY DENTISTS
AND COACHES FOR
POSITIVE PROTECTION



Oryl-Gard F (Lower)
Protective mouthpiece
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The new Oryl-Gard is a completely new, precise-fitting mouth guard, developed by a team of dentists.

Most fittings take about 5 minutes. The dentist places a preformed plastic shell over the athlete's teeth. He fills the shell with a fluid plastic. The athlete bites down on the shell while the material sets. Minutes later the dentist examines the "fit", and the job is done.



THE RUN-PASS OPTION

By **DARRELL ROYAL**

Head Football Coach, University of Texas

One of the most successful young coaches in the nation is Darrell Royal, whose recovery program at Texas has been both quick and lasting.

Taking over a team that finished in the Southwest conference cellar the previous year, Royal led his first Longhorn team in 1957 to a 6-4-1 record and into the Sugar Bowl. His sound football coaching has produced three bowl teams in four years, with a 29-12-2 won-lost-tied record.

His second year as director of the Texas grid fortunes produced a 7-3 record including the first non-conference sweep since 1951. This was the year (1958) that saw the first of the three consecutive victories over Oklahoma.

Royal's third Longhorn edition (1959) ended up as a 9-2 year, including a Cotton Bowl assignment as Texas (for the first time since 1953) figured in Southwest Conference championship laurels.

The fourth Royal team at Texas had a 7-3 regular season standard and played Alabama to a 3-3 tie in the Bluebonnet Bowl game at Houston.

Royal was a star at Oklahoma for four years prior to his quick rise up the coaching ladder. Following graduation in 1950, he served as assistant coach one year each at N. C. State, Tulsa and Mississippi State. Then head coach of Edmonton (Canada) pro team; two years at Mississippi State and one year at the University of Washington. His teams are noted for their all-out effort with emphasis on ball control, the kicking game and defense.

THE RUN-PASS option properly executed is very difficult to stop, and, of course, on paper it is impossible to stop. We stress to our squad that this play is a **run** first and we will run unless they **force** us to throw, as will be described later in this article. Consequently, our ball carrier is **always** running downhill at full speed. Success on this play comes through intense and concentrated work, due to the fact that as the play progresses the ball carrier must properly execute his option. We feel that the ball carrier does not have to be a good passer as 90 per cent of the time the pass is only five yards long.

There are several points we feel are important to the success of this play. These points will be described in the individual duties of each back. Our deep backs line up 4½ yards from the ball and we stress that no more depth should be gained on the running path.

For a breakdown here is what we teach — (Assuming we are running to the right).

1. Fullback — Rule of blocking is second man from outside. End on box and tackle on 3-Deep. Fullback takes a slight arch to get the outside leg of the #2 man. The upper part of his body must be past the defensive man. This block is made tight to outside leg and low (around the knee area). This block, when properly executed, makes the defensive man come through the block or walk around the block to get to the ball. When the fullback makes his block, he should try to keep contact by rolling into the defensive man. **Fullback must get to outside leg and low.** And then take at least one more step after contact and scramble — scramble.
2. Right Half — In this case he is the pass receiver. He is instructed whether at a Wing position of his regular deep spot, to get out in the flat quick. This is especially true if a corner back has moved to the line of scrimmage to crash should the ball come his way. As he runs to the flat he looks quickly to receive

the pass; if he sees the Left Half has decided to run, then he will turn inside to pick up interior pursuit.



WRONG

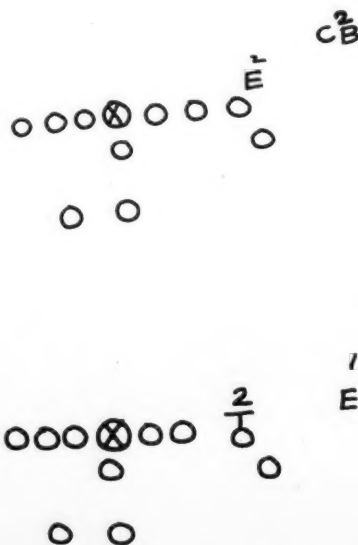


RIGHT

3. Quarterback — Makes a reverse spin and pitches ball to the Left Half as quickly as possible. His rule for blocking is the #1 man from outside in, corner back on box and end on 3-Deep. All blocking techniques are exactly as written above for the Fullback. **Quarterback must get to the outside leg of the #1 man.**

A. Left Half — Must not deepen as he moves hard to his right. He must keep the ball up in a position that he can throw quick. In running his pattern he maintains a relationship in position with his quarterback. Left Half should be slightly behind and on the Quarterback's outside hip. This relationship must be worked out thru continuous practice. He should, when passing the area behind his offensive end's position, begin his arch downhill. This movement creates the most problems for the defense because he is moving to the line of scrimmage with the option to run or

(Continued on Page 23)



ANNOUNCING

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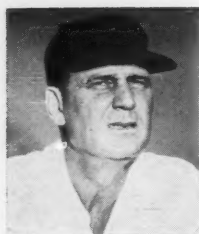
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THE LINEBACKER

By PAUL BRYANT

Head Football Coach, University of Alabama

Coach Bryant is one of Alabama's all-time great ends, playing on the great teams which Frank Thomas produced 1932-35. After graduation, he remained as assistant coach at Alabama until he moved to Vanderbilt as assistant coach in 1940. Following Navy duty during World War II, he took his first head coaching job at the University of Maryland. He posted a 6-2-1 record and moved on to the University of Kentucky, where he compiled a record of 60-23-5 and his teams played in four Bowl games—Great Lakes Bowl, Orange Bowl, Sugar Bowl and Cotton Bowl. He then took over at Texas A & M in 1954 and moved the Aggies from the bottom to the top of the Southwest Conference, leaving a four-year record of 25-13-2. He returned to his alma mater in 1958 to restore the Crimson Tide to the prestige and glory they had known. In his first season, he won 5, lost 4 and tied 1. In 1959, it was 7-1-2 and last season the Tide had a 8-1-1 record and tied Texas in the Blue Bonnet Bowl.

Quickness is a must, toughness is essential, and understanding of offensive theory is important, and size is a tremendous asset as anyone will agree; but do not judge or select your linebacker due to size. We have one here at Alabama that finished the spring weighing 166 pounds, but he possesses the other qualifications plus a genuine desire to hit people.

The first thing we must teach a prospective linebacker is how to line up correctly so that he will be in the most advantageous position to deliver a blow. The stance starts with the feet and they must be slightly wider than the shoulders, no stagger, weight on the balls of the big toes, and the toes pointed straight down field. The knees are slightly bent with the tail being down, head up and the body in a semi coiled position. The arms are semi flexed, bent at the elbows and hanging downward and slightly out. From this position the linebacker should be able to go in all directions and at the same time be ready to hit someone.

As the potential blocker approaches the linebacker, it is very important that the linebacker step toward him with his foot closest to the would be blocker. As he takes this step, it should be a short one and at the same time bending his forward knee which will necessitate dropping his tail so that he will be in a position to deliver a blow upward and out.

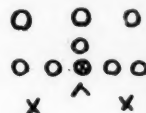
We do not insist that a boy use his forearm or hands when he makes contact with the blocker, but we do insist that they do not draw their hands or forearm back before delivering the blow. The reasoning behind this being if a linebacker draws his hitting surface back that a quick charging line man will be on him before he is ready to hit.

If the linebacker is using a flip charge, it is important that he control the blocker with his free hand after stopping the initial charge with his flipper. The worst thing that can happen when using this technique is for

the blocker to get to the linebacker's legs, thus he must change and try to control the blocker with his hands.

The key word for a linebacker to remember is control. He must control the would be blocker even if he must give a little ground. If he will always stay low and remain in a good football position, this immediately eliminates a portion of the blocking surface and will enable him to move both right and left after the initial contact is made. We have a drill that we use to develop the boys in their ability to deliver a blow, sustain the blocker, key, and tackle the ball carrier. We call it our eye closer drill.

DIAGRAM 1



We use the interior of the offensive line plus the entire backfield. On defense we use a middle guard along with our linebackers and the offense will run all inside plays plus the traps, etc. The offense and defense are both full speed, but we are working with the linebackers. In this drill the linebackers have an opportunity to play off and control the blocker, key the guard and near back, pursue the ball carrier and make the tackle.

In order for a linebacker to do a better than average job or get into a lot of plays, he must be assisted by giving him some keys to read so that he can diagnose the offensive play as quickly as possible. It would be inconsistent to say we have a definite key on a particular position because our keys change from game to game. We like to pick out one or more players that usually go to the point of attack and watch them. If the linebacker is playing on the outside ear of the offensive guard and also reading him, he should be able to make his move

IF A TEAM is to be successful defensively, it is absolutely essential that the team get good play from the linebackers. Of course, there are always exceptions to this rule such as a team being out personneled, etc.; but all things being equal and in a good, hard contest, the team that gets the best linebacker play will usually win. We are very conscious of this fact here at the University of Alabama and we spend a lot of time in our selection of someone to play this position.

We believe that it takes a certain type of individual to play linebacker and that he, as a person, must possess some qualities that cannot be taught.

It is important that a boy be tough both mentally and physically and possess a genuine desire to get to and tackle the ball carrier. A player can be taught to key, cover a certain area, and how to play pass defense; but unless he is a hard nose kid with a genuine desire to hit, chances are he will never be a good linebacker.

according to the move made by the guard. (Diagram #2)

We know and realize that all sound defenses are based on every man carrying out his own assignment and being in a proper position. For this to be true, most defenses are drawn up giving the linebacker at least two responsibilities. Such as, if the play comes toward him he must check a particular area or if the play goes away he must check a different area. Now we want our linebackers to be sound but we also want them to possess the attitude of break all rules to win. By this, I mean we never tell our linebackers that they cannot shoot a gap, run through a particular area, or even line up completely out of place. The only thing we ask them is to be absolutely sure they make the tackle. If they do this, our defense will remain sound plus giving the boys the opportunity to use their own initiative.

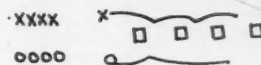
Keeping Leverage

As we mentioned earlier, the most important thing for the linebacker to remember when playing the blocker is "control"; likewise, the most important thing for him to remember when he is pursuing the ball carrier is leverage. The biggest fault with eager young linebackers is they over run a great number of plays. The linebacker

DIAGRAM 2



DIAGRAM 3



should always stay at least a yard and a half behind the ball carrier when the carrier is running parallel to the line of scrimmage. If he does this, it will enable him to still be in position to make the tackle if the ball carrier cuts sharply back. We have a drill that we use a lot that teaches the linebacker to keep the proper leverage on the runner. We call this drill the eye opener drill. (Dia. #3)

We place four dummies about 3 yards apart and in a straight line. We give the ball to "X" in the diagram and as he runs parallel to the dummies, he runs through one of the holes. If he fakes at a hole, he must run through the next one. The tackler marked "O" in the diagram is our linebacker and he keeps his proper leverage on the ball carrier so that he will be in the proper position to make the tackle when the ball carrier heads up field. If we want to teach the linebacker to play off a blocker and at the

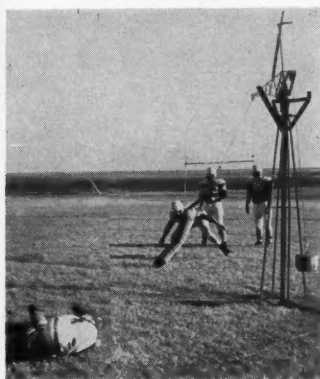
same time pursue and keep the proper leverage on ball carrier, we simply put a blocker in front of the ball carrier to lead interference.

Another phase of playing linebacker is pass defense. Once again the key to this particular phase is recognition. The linebacker can quickly diagnose this by keying the action of the guard in front of him as well as the maneuvers of the quarterback. As soon as our linebacker recognizes a pass we ask him to turn to his outside (back up pass) never taking his eyes off of the passer and sprint back and out using a cross over step. We want him to actually run but have his tail low and his weight basically over his feet so that when the quarterback sets up to throw the ball he can stop immediately, face the passer, be in a good football position and be ready and able to break the second the quarterback

(Continued on Page 23)



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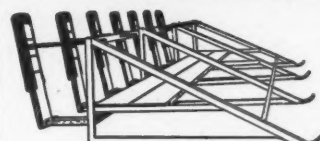
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THE CHAMPIONSHIP DEFENSE

By **ERNIE DRISCOLL**

Assistant Football Coach, Waycross (Ga.) High School

Coach Driscoll is a graduate of North Carolina State where he played quarterback on the 1957 ACC championship team. In 1958 he served as student coach at N. C. State before going to Waycross (Georgia) High School as backfield coach. Waycross was the 1960 State Class AA champion with a 13-0 record. The two-year record at Waycross is 21-3-1.

OUR 5-4 Fullback defense was the basic defense that won for Waycross the Georgia State Championship, and produced a 13-0 season. We used the "Oklahoma" in 1959, but we wanted to get into a 3-deep perimeter in our secondary to simplify our pass defense and still keep our same personnel and basic alignment up front. This is what prompted us to go to our 5-4 Fullback. In the two seasons that we have been at Waycross, we have shut-out twelve of our opponents and limited seven others to only one touchdown. This means that in the past two seasons, 19 of our opponents have scored on the average of only 2.4 points a game against our defense.

The key to the success of this defense lies in the selection and training of a defensive fullback and signal caller. It is better if you can find a boy who is capable of performing both of these assignments. In selecting a boy, he must be one of your better defensive men, receive the respect of the other

members of your squad, and possess some qualities of leadership. Then train him as you would your offensive quarterback. We try to instill the idea that we are not defending but that we are actually attacking the offense. Teach him the basic calls that he must make from the information that he has, and to take into consideration such pertinent facts as:

- Down and yards to go
- Score and time remaining (both in the 2nd and 4th quarters)
- Field position and condition
- Opponent's personnel, formations and basic plays from these various formations (obtained from scouting reports, films and meetings with the coaches)

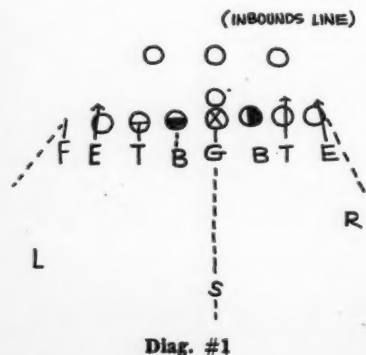
Good defense is the result of countless hours of preparation and practice. If you are not willing to allot at least 50 to 60 per cent of your practice time and effort to the development of individual skills as well as team defense, don't expect your team to have any more than a mediocre defensive record.

In the following diagrams our key and movement is to the wide side of the field. Of course the key may change from week to week, depending on the information that you have on your opponent. Your key or movement may be to the set position of a halfback, unbalanced line, motion, or some other offensive maneuver that you have obtained from scouting or available films.

In **Diagram I**, the ball is on the right inbounds line and the wide side of field is to our left. The fullback will call west, meaning that he is lining up left. East is to the right. The following is a list of keys and rules that we have for each position.

The fullback will line up about 3 feet from his end. He does not penetrate except on deals or stunts. He will key the offensive end for a pass or run maneuver and, if a pass develops, his responsibility is the flat zone. He must contain all running plays to his side and, if the option develops, he is re-

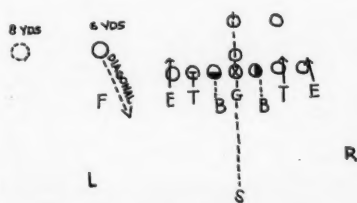
sponsible for the pitch man. The left end will line up on the outside half of the offensive end and key thru the end to the close back. He should not be hooked by the end. He must contain the passer on both the rollout or dropback pass. If the option develops, he is responsible for the quarterback. The left tackle will line up head on the offensive tackle. He must deliver a blow and control the tackle. This should keep the tackle off the linebacker. After delivering a blow he must fight pressure. The middle guard will play head on the offensive center. He should vary his distance from the ball and deliver a blow with his left forearm. He is a little more responsible to plays to his right. He is responsible for the draw. The right tackle will play on the outside shoulder of the offensive tackle. He can keep the tackle off the linebacker if he gets a good piece of him. He should fight to the outside if the end blocks down on him. On dropback passes he must contain the passer. He becomes the chase man on plays away from him. The right end will line up on the outside half of the offensive end. He should not be hooked by the end. He must attack and contain flow. On the dropback passes, he is responsible for the flat. He has the quarterback on the option. The left linebacker will line up head on the right offensive guard and about 2 yards off the line of scrimmage. He will key thru the guard to the close back. He should not be hooked by the guard. On the dropback or rollout passes to his side he is responsible for the hook zone. On passes away from him, he should get back deep in the alley to cover any off receiver crossing. He should be careful not to move too fast on running plays; he should not be ahead of the ball carrier. The right linebacker will line up a little on the outside of the offensive left guard and about 2 yards off the line of scrimmage. He should key thru the guard to the close back, being careful not to let the guard hook him. On dropback pass-



es he is responsible for the hook zone. On rollout passes to his side he should get to the flat. On rollout passes away from him, he should get back deep in the alley and cover any off receiver crossing. He should be careful not to move too fast on running plays, he should not be ahead of the ball carrier. The left halfback will line up about 8 yards deep and 3 yards outside of his defensive end. He must key the end and back on his side for a pass or run maneuver. If a pass develops his responsibility is the deep ($\frac{1}{4}$) outside and on running plays he should reinforce his fullback. The right halfback will line up about 6 yards deep and 3 yards outside of his defensive end. He should key the end and back on his side for a pass or run maneuver. If a pass develops he is responsible for the deep ($\frac{1}{4}$) middle. On straight dropback passes key the end on the side of the call. On running plays move to the cut back position. He should be especially alert for a quick trap up the middle.

Diagram II is an adjustment to a peeler or strong formations. The fullback will play the peeler according to the split that he takes. If the peeler is split from 1 to 5 yards, the fullback will play on his outside shoulder and have the same key. If he splits from 5 to 7 yards, the fullback will play head on and fight pressure. If he splits more than 7 yards, the fullback will drop off the line about 2 yards and split the difference between the peeler and his defensive end. The fullback should be in a position to cut off the diagonal pass to the peeler and he should also be alert for the sweep with the peeler blocking down on him. The fullback's other responsibilities are

(Continued on Page 27)



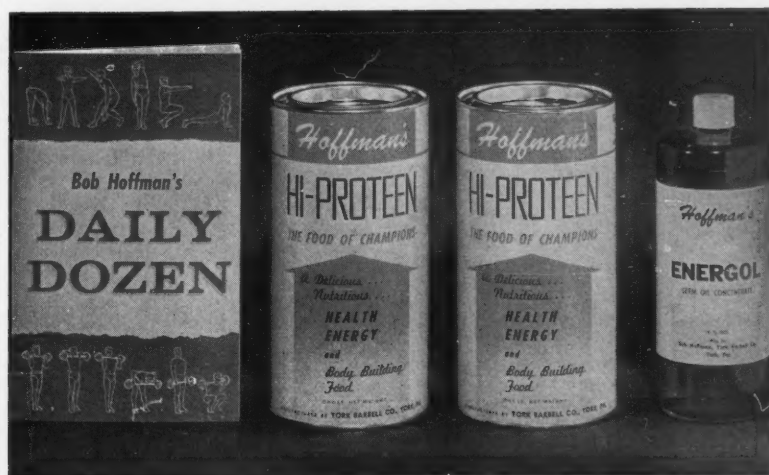
Diag. #2

IF YOU ARE A SUPERMAN

If you are a superman naturally, you can practice your sport and perhaps become a champion. But if you are just an ordinary man to begin, what do you do, just become an ordinary athlete? Or do you do like Olympic champions Bob Richards, Mal Whitfield, Parry O'Brien, Al Oerter or other great champions and record holders Bill Neider, Don Bragg, John Thomas, Billy Cannon, Jackie Jensen, Pete Dawkins, Bob Gutowski, Bob Backus, Frank Stranahan, Dick Cleveland and Al Wiggins, train with York Barbell, the Bob Hoffman way? 16 of the men who won Olympic championships at Melbourne, were Bob Hoffman's boys grown up, boys who started to read Strength & Health magazine and train with York Barbells, when they entered their teens. And almost without exception these men used Hoffman's Hi-Proteen and Energol. The Olympic team, the Pan-American team, the teams which competed all over the world, were supplied with Hoffman nutritional products.

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Dr. Hartley Price holds B.S. and B.P.E. degrees from Springfield College; B.S. and M.A. degrees from the University of Illinois and a Ph.D. from New York University. He was on the staff at the University of Illinois 1927-1948 where he coached soccer, gymnastics and directed the intramural sports program. There he developed six national championship teams. He has been at Florida State since 1948 where he has turned out five national championship teams. He is currently in Colombia on a Fulbright professorship. He was honored with a Fulbright professorship to India 1958-59.

He has served on the U. S. Olympic Gymnastic Committee for twenty years; NCAA Gymnastics Rules Committee; National AAU Gymnastics Rules Committee and was selected to the Helms Hall of Fame in 1959.

GYMNASTICS

ITS ROLE IN THE COMPETITIVE ATHLETIC PROGRAM (Second Installment)

By HARTLEY D. PRICE, Ph.D.

Professor of Physical Education, Florida State University

Gymnastics needs wise administration for future growth

Wherever a strong gymnastic program is found, with interscholastic or intercollegiate competition, there will be found also a far-sighted and competent Director of Athletics. Gymnastics is moving slowly in the South but it would show far greater progress were it given interest, recognition and encouragement by Directors of Athletics.

In spite of lack of encouragement, gymnastic squads are functioning relatively well at Florida State University, Georgia Southern College, University of Georgia, Georgia Tech, The Citadel, Northwestern College of Louisiana and others.

Athletic departments of schools and colleges everywhere need to maintain a sense of values and should encourage the ideal of "sports for sports sake." If budgetary problems exist, gymnastics might be a suitable activity to foster the noble spirit of amateurism because gymnasts usually are completely dedicated and devoted to the sport. All that is needed is recog-

nition of the sport. It does not make any difference if the team is sponsored by the physical education department or by the athletic department. The factor that is important is that the individual has the **privilege of representing his university** and of earning a varsity award. It is also important that all colleges and universities sponsor gymnastic teams as soon as possible. Such action should contribute to the raising of standards in training teachers in gymnastics in schools of physical education. When a competitive gymnastic team is sponsored, the results almost always are reflected in the competency of all physical education majors, because the better performers in the class tend to improve the performance of their classmates. This applies to efficiency in all activities that have varsity sports.

Competition

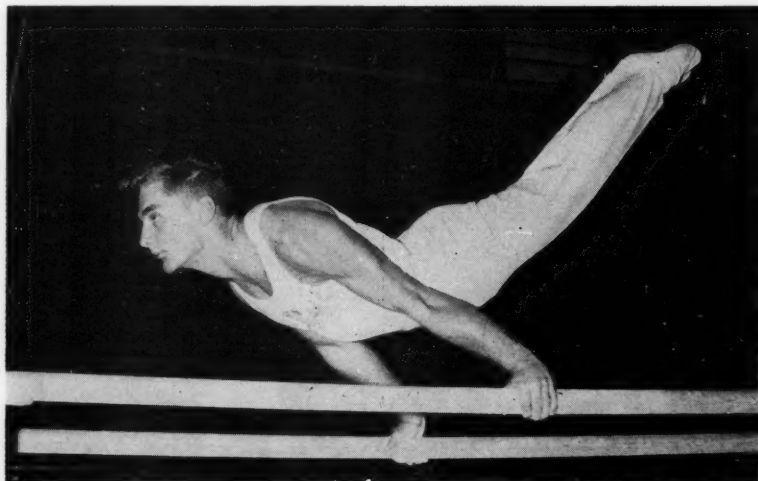
It might be said that competition is the life blood of America, competition whether for good or otherwise in busi-

THE FACT IS that gymnastics is the principal reason for losing the unofficial Olympic Games both in Melbourne, Australia and Rome, Italy, a fact that probably will not change until the United States occupies its rightful place in the world of gymnastics. Gymnastics is the oldest sport in modern international competition because the International Federation of Gymnastics (FIG) precedes the revival of the modern Olympic Games under the encouragement of Count Pierre de Coubertin in Athens in 1896.

What about the United States?

There does seem to be evidence of some improvement, however, during the past ten years, but much greater improvement is needed. The United States finished in fifth place in the 1960 Olympics at Rome in competition with thirty-two nations. Our team made the highest team score by international standards of any team that ever represented the United States, which indicates improvement to be sure, but not enough improvement.

Russia and Japan each have two million gymnasts, the United States has a total of not more than ten thousand. However, competition in our high schools and colleges is increasing and is growing in all sections of the country **except the South.**



ness; in politics; in sports; in our every phase of life; competition with a view to a tangible reward or award. It might also be said that, on the whole, we perhaps are not a modest nation, one inclined to hide our accomplishments. We want to receive recognition from all and sundry, we like to display our trophies and our emblems, a trophy that might be in the form of a cup or letter for an athletic accomplishment or a monumental building, business, or a palatial home as a business accomplishment. We should recognize, then, that competition is a national trait, a characteristic and we should capitalize upon that characteristic in the promotion of physical fitness. We should provide and encourage sports and activities of a competitive nature on either a small scale or a large one, depending upon individual needs, interests, abilities, skills and budgetary resources.

Philosophy of Gymkana

Gymkana was designed at the University of Illinois by the author in the hope that it might enable future competitors to develop an at-easiness before an audience and which later on would remove tension during competition.

Gymkana seems to have been most effective since six National Championships were won at the University of Illinois, and five at Florida State University. The psychology of Gymkana striving for excellence physically, morally, and socially as it does, rests upon a **competitive basis**. This same philosophy may apply in the high school situation and is being used by Dick Gutting and Casper Cicio in the Miami schools. Without a competitive team, a **show in** and of itself does not have the same far-reaching effects of motivating the over-all program in gymnastics.

Responsibility of Teacher Training Institutions

Teacher training institutions should be sure that graduates have an appreciation of the competitive point-of-view. During their professional course, students should acquire a competency that will enable them, as teachers, to carry out a sound program for all, including the service curriculum, the intramural program, and the interscholastic program.

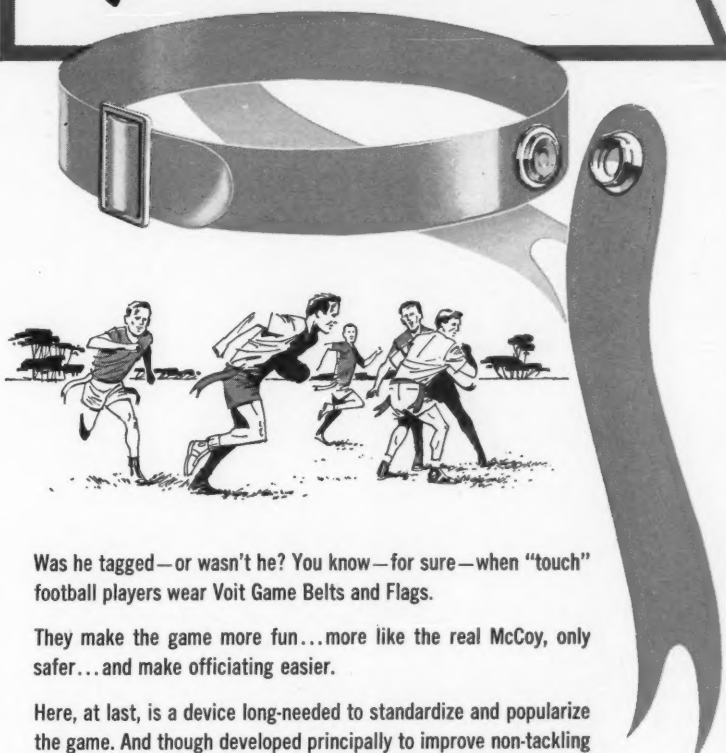
All Activities in the Physical Education Program Contribute to the Physical Fitness

The program of physical education should contribute to the physical fitness of the individual in terms of:

1. Strength

(Continued on page 40)

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Was he tagged—or wasn't he? You know—for sure—when "touch" football players wear Voit Game Belts and Flags.

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HUMBOLDT'S FLY SERIES

By **PHILIP J. SARBOE**

Football Coach — Humboldt State College



THE QUESTION often asked of our coaches the past two years has been, which of your offensive plays has contributed most to your team's success? Our answer has been the "Fly Series."

It's no secret that we're primarily an off-tackle team. The fly series helps considerably in making this attack function and in keeping the defensive teams honest. We are not confined to running off-tackle with this series, our quarterback must use discretion, of course, but it is possible to sweep the ends much faster from "the Fly" than for most end runs.

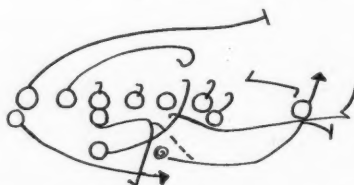
This analysis will attempt to prove that actually the footwork and ball handling must be so accurate that the defense will not be able to read or key the play immediately. If the defense does guess right on one sequence, more than likely they will guess wrong the next time, etc. When the running plays are stopped, naturally we follow up with the Fly Pass which has been most effective.

We will attempt to analyze the Fly Series from right formation — play by play and step by step. We line up in an unbalanced line. Flanking the end from 6 to 12 yards out (wide).

Our backs line up with their forward foot four yards back from the ball and with very little weight on their fingers. The left half or running halfback lines up behind his offensive inside tackle, (we are in an unbalanced line). The fullback is in the regular spot behind the center and quarterback. Our wingback may have the option of lining up in a wing right or left. This is definitely no tip-off as he is a ball carrier, pass receiver or key blocker from either position. At times he is flanked — slotted — or even used in motion. It should be noted that from these positions we can run other series — dive — power off-tackle — weak-side counters — reverses, etc.

As previously mentioned, this analysis has to do only with our Fly Series.

FLY 8



Play #1 — Fly 8 — or H. B. Fly

BACKFIELD RULES

HALFBACK:

1. If lined up on side belly back two yards and look for pitch.
2. Look ball into your hands.
3. Run off block of your tackle.
4. If lined up off side leave early.

FULLBACK:

1. Use the three step move and drive off tackle with arms in running position.
2. Q.B. will throw ball through your arms.
3. Gauge yourself to the Q.B.
4. If not tackled, block back on pursuit.

WINGBACK:

1. If on weakside run Fly 6-8.
2. If on strongside get outside position on nearest man to your outside.
3. If he goes out, take him out.

LINE BLOCKING RULES

FLANKER: Block first dangerous man to inside on or off L.O.S. — Don't be in a hurry.

OUTSIDE TACKLE: Hook nearest man outside you on L.O.S.

INSIDE TACKLE: Pull and lead, block first dangerous man.

STRONG GUARD: Outside gap, head on, L.B.

CENTER: Head on, On gap, L.B., Curl.

WEAK GUARD: Inside gap, Head on, Curl.

Coach Sarboe is a graduate of Washington State where he lettered for three straight years in football and baseball. He then played three years of professional football with the Chicago Cardinals and played pro baseball with Kansas City.

His coaching experience includes tours at Clarkston and Aberdeen (Washington) high schools, Central Washington College, Lincoln High School, Tacoma, Washington, Washington State and Humboldt Junior College. His record at Humboldt is 56-25-3. His all-time record is 94-41-3. His team was undefeated last season, losing only to Lenoir-Rhyne in the final championship play-off game.

BACKFIELD RULES

QUARTERBACK:

1. If play is to left lead step and if to right reverse pivot.
2. Skip and pitch ball just in front of Fullback.
3. Pivot on lead foot and retreat as though to pass.

LINE BLOCKING RULES

WEAKEND: Crossfield

This is the **quick long pitch end run** or sweep by the running halfback.

The Quarterback

The Quarterback stance is a relaxed one in which he roughly fits the contour of the center standing quite tall. Nearly every coach has his own theory of ball exchange between the center and quarterback. Whether our ideas are better than yours is naturally debatable. Therefore, I will not explain our exchange.

The footwork of the quarterback is the same for each play in this series. When the snap has been completed he then pivots on his right foot (reverse action) then a step and a skip follow in that order. I'll try and give one more interpretation. The pivot is done on the right foot and when he's around at the proper angle, he steps toward the Fly man with a long left — then skips his left foot out and pitches approximately



7 yards to the H.B. The two steps are taken so fast it's really a skip or a shuffle. This is exactly the way "Hamp Pool" of the Los Angeles Rams taught it years ago.

The path of the Flying H.B. is like a crescent and he loses ground on the first few steps. The H.B. times himself to get the ball just as he turns upfield so he has vision of the pitch as well as the upfield situation and can move accordingly.

The fullback is responsible for the timing on this play. He runs three steps parallel to the line and watches the Q.B. out of peripheral vision. At the moment the Q.B. completes his skip, the fullback slants toward the tackle hole with his near arm held chest high and parallel to the ground his outside arm is held against his side and the hand is used as a stopper. When he is given the ball, his upper arm folds over it in the usual manner. If the pitch goes through to the H.B., this same action takes place by the fullback. He makes a fine fake. Many times our fullbacks have been tackled without the ball on this sequence due to their good faking. He should dip his outside shoulder on the fake or when he takes the ball — make both moves look as much alike as possible. The main fault with most Fullbacks is that they get to the hand-off spot too fast.

The flying Halfbacks want to watch the Q.B. all the way instead of flying

(Continued on Page 22)

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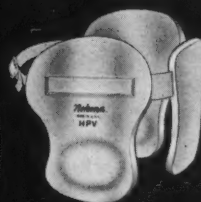
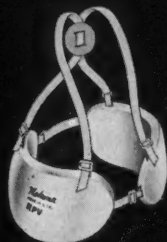
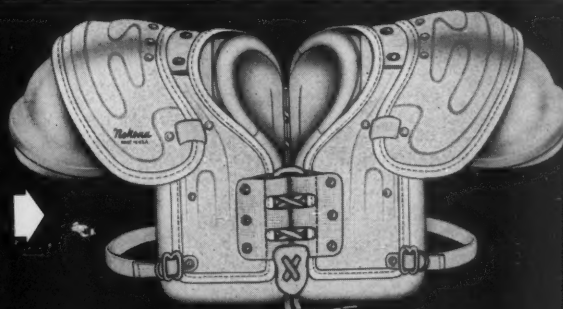
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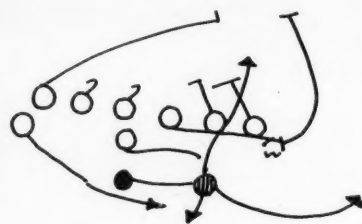
(Continued from Page 21)

three or four steps first before looking for the ball.

Tackles are worked into this pattern to pull out and lead the ball carrier in drills. The tackle must swing quite deep in a similar crescent arc to the H.B. in order to miss the End's (Flanker) block. He then heads up field for his key block. The runner stays on his hip and helps set up the block. In general, the "Tackle" is blocking a much smaller man than himself because the logical first man is a halfback (defensive). The block he uses is the one he applies best in open field — we prefer him staying on his feet and running over people — if the defensive man avoids him then the back should veer the other way, etc.

The other coaching points are routine. However, we will examine the pass and our delayed end runs from this series as well as our off-tackle play with the F.B. carrying.

FLY 6



Play #2 F.B.

BACKFIELD RULES

HALFBACK:

1. Same as Fly 8.

FULLBACK:

1. Use same footwork as Fly 8.
2. **Take** ball from Q.B.
3. Run off blocking of your End and Guard.

WINGBACK:

1. If on weakside run Fly 6-8
2. If on strong side influence end to outside and block 4 man.

Q.B.:

1. Same footwork as Fly 8.
2. Fake lateral to halfback.
3. Fullback will take ball.
4. Pivot on lead foot and retreat for pass.

LINE BLOCKING RULES

FLANKER: Run in and out sideline pattern.

OUTSIDE TACKLE: Inside gap, man over inside tackle, L.B.

INSIDE TACKLE: Inside gap, man over guard, L.B.

STRONG GUARD: Pull and block out at 6 hole.

CENTER: Head on, on gap, L.B., curl.

WEAK GUARD: Inside gap, head on, curl.

WEAK END: Crossfield.

The Q.B.'s actions are the same as they were in the Fly 8 — or sweep. The fullback's footwork although the same will be repeated. His steps are right, left, right and cuts toward the hole arriving with arms up to form a pocket just as the Q.B. has the ball extended for the long fake fly pitch. The quarterback is literally under the fullback's raised left elbow. The F.B. then picks daylight from the blocks made by the tackles and off guard who leads.

THE LINEBACKER

(Continued from Page 15)

shows he is going to throw the ball. We do not think our linebackers will intercept many line drives but if they get set when the passer sets up and get into basically the same position that they line up in and by watching the passer's eyes and arm they will then be ready to break for the ball when it is thrown. If they do this properly, they should avoid a completion by at least touching the ball.

DIAGRAM 4



Many things can be said about playing linebacker and many theories can be used and applied but it all goes back to the things that I mentioned first, that the boy himself must want to play linebacker and he must want to get to and tackle the ball carrier. If the individual does not display or possess these characteristics, you are wasting his time, as well as yours.

We believe that if we can locate a boy with these qualifications, and by giving him lots of work on the two drills mentioned in this article along with his other defensive work, that he will be a good linebacker and help our over all defensive game more than any other single phase of the game.

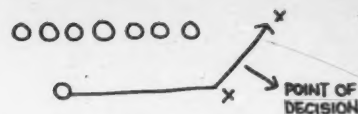
RUN-PASS OPTION

(Continued from Page 12)

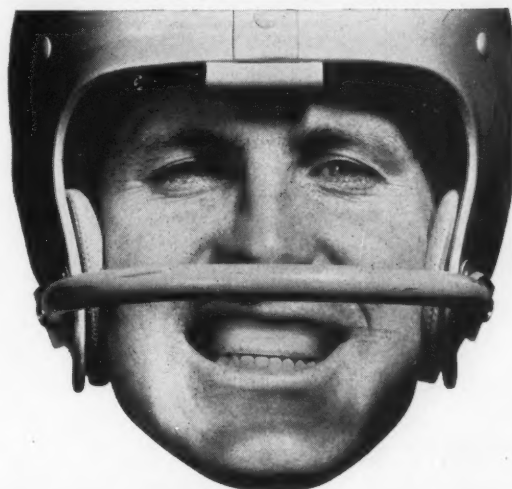
throw. We emphasized running whenever possible. Getting your Halfbacks to put on a good running threat everytime is very important.

By the time the Left Half gets behind his offensive end and starts his down-hill pattern to the line of scrimmage he should make up his mind to run or pass.

Again, the Fullback and Quarterback blocks on the outside leg of #2 and the #1 man respectively are important.



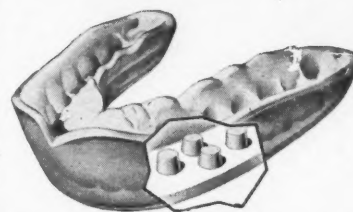
Too, that the ball carrier run parallel to the line of scrimmage and gain no more depth after his original alignment is equally important. The ball carrier must always put a hard running threat on as he runs his arch down-hill. Of course, the ball carrier must correlate his movement with the Quarterback.



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HERMITAGE HIGH SCHOOL

FOOTBALL PROGRAM

By **CHESTER E. FRITZ**, Athletic Director

Hermitage High School, Richmond, Va.

Chester E. Fritz attended the University of Missouri and was graduated in 1949. While at the university he lettered three years in varsity football, was an All-Big Eight tackle two years, and made All-American in 1948. During his senior year he served as captain of the varsity football team. After graduating from college, Fritz continued his football career by playing professional ball for the San Francisco Forty-Niners and the Richmond Rebels. The past ten years have found him serving in the capacity of varsity (head) coach at the Hermitage High School of Richmond, Virginia. His teams have won 72, lost 18 and tied 7.

HERMITAGE HIGH School has an enrollment of about 1200 students. In athletics this school competes with Group 1-A schools of the Virginia High School League some of which have enrollments as large as 2300.

Our tenth season of football came to an end on November 25, 1960. During this ten year period Hermitage played 97 games. The record shows 72 won — 18 lost — 7 tied. The opponents scored a total of 711 points to 1738 points for Hermitage. The best year of scoring resulted in 309 points to the opponent's 50 points, a ratio of 6 to 1. The smallest total scored in any year showed 112 points for our school to 30 points for the opponents, a ratio of 3 to 1.

In this decade the school has held the Richmond Metropolitan championship four times, the Central District of Virginia championship three times and the State championship once. Hermitage has also won the Richmond Metropolitan All Sports trophy four years of the five that it has been awarded. This is the record.

No one person or group has been responsible for the success of our athletic program. Such success as has been achieved is the product of an esprit de corps that represents the interest and cooperation of teachers, patrons, students, coaches, and administrators. Each of these groups has had a distinct part in developing the program.

Our athletic program is comprehensive and includes every boy at some time during his stay in high school. During his sophomore year he participates in a gym program in which every boy is given a test, known as the Five-Star Program, devised by John T. Core, a member of the Olympic Committee. This test consists of running the 100 yard dash and the 880, high jumping, broad jumping and the shot put. The results of these tests are to some extent indicative of endurance, speed, coordination, and agility. The boys who are adept in these events are especially encouraged to come out for football. However, any boy who is interested and willing to accept the regulations set up for our football squad is welcomed. He is issued full equipment and is never dropped from the squad because of lack of ability as long as he works and conforms to rules.

As coaches, we probably follow rather closely standard coaching procedures. Long hours are spent in drill and sound fundamentals. We do not feel, however, that drills and fundamentals alone will necessarily produce a winning team. A close check is kept on each boy's scholastic record and social habits. When it becomes apparent that he is having problems in either of these fields, conferences are held with the student. Not only the coaching

staff but the student's teachers and parents participate in these conferences. This close liaison with the classroom and the home is a strong factor in the unity of the school and the community, and it also strengthens the discipline and builds the spirit of the athlete.

Our football activity does not end with the close of football season. Because the Virginia High School League prohibits spring practice, it is necessary to devise some plan whereby a boy is participating throughout the year in some athletic activity that will have a carry over value for his football. Hence every member of the squad is advised to go into another sport or into a well-regulated, supervised physical fitness program.

This program includes weight-lifting, apparatus work, tumbling and sprints. In addition, individuals are encouraged to practice solo on specialties such as punting, passing, extra-point kicking and agility drills.

Not only is physical fitness stressed, but each player is provided with a handbook outlining offensive and defensive assignments for the coming season. With this handbook he is required to do his own skill practice. Each player is given an opportunity to evaluate himself and his prospective opponent by studying movies of past games, by examining scouting tabulations, and by attending self-evaluative critique sessions which are held frequently. So much for the tangibles of our athletic program.

Over the ten year period that I have coached I have formulated some very definite opinions concerning the intangibles which are fully as significant. All the perfection of techniques counts for little unless there is a desire on the part of each player to play the game to win. I'd rather have a boy who weighs 30 pounds soaking wet with 200 pounds of desire than a 200 pound speed demon with thirty pounds of desire.

I have been fortunate in that coaches who have assisted me have had a fine sense of loyalty. This is, I feel essential to the development of any program. Assistants must not be second-guessers but must at all times be willing to accept the planning and direction of their leader whether or not they agree with him entirely. Coaches must work to-

gether as a team if they desire to develop unity among their players.

Discipline is a strong factor in football as it is in developing character. No one player is more important than the morale of the team. Hence every player must conform to the regulations set up for the team or he is dropped whether he is the star quarterback or a

bench warmer.

All the aforementioned qualities are a factor in developing morale. Morale, though difficult to achieve, is basic in any competitive situation and is essential to produce a winner. It is blending of the practical skills and the intangibles that go a long way toward producing a successful athletic program.

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PHYSICAL CONDITIONING

By **KENNY HOWARD**
Trainer, Auburn University



Kenny Howard is regarded as one of the nation's top young trainers. He was selected as one of the seven Olympic trainers in 1952 and has served as the South trainer at the annual Senior Bowl Game since 1952. He is a graduate of Crossville (Ala.) High School and Auburn University. He began as an assistant trainer in 1945 and became head trainer in 1948. He is respected for his thorough knowledge of athletic injuries and quick cures and is in demand as a lecturer at coaching clinics.

THE PURPOSE of conditioning is the gaining of endurance. The first necessity for conditioning is mental preparation on the part of the athlete. The athlete must be willing to drive himself to the point of painful fatigue. The body must be tuned up to function to maximum efficiency.

An important factor in endurance is strength. Early in training the athlete has a tendency to over exert himself to accomplish the task presented. As training progresses the over exertion diminishes as his body adapts to the amount of strain needed for the job which in turn increases the athlete's endurance. In training there is an actual increase in strength.

Everyone in athletics attempts to seek the best methods of conditioning their athletes. The greatest advancement in athletic performance and conditioning has been made in track and field. If we look into this we will see that some of the well-known runners trained on a year round basis.

The athletics in the above table were in events requiring endurance. It is the author's opinion that a year-round training program for athletes would result in better conditioning. A good year-round program would include participation in various sports. Wrestling and weight lifting are good off-season activities if well supervised. Summer jobs should be of the hard labor type. Walking remains one of the best exercises in overall conditioning.

An outline of conditioning for a particular sport should be divided into two different parts.

1. OFF THE FIELD

- (a) Rest or sleep — 9 hours is enough sleep — naps tend to make one sluggish and de-conditioned. Rest cannot be stored.
- (b) Eating — Breakfast is most important and the athlete should avoid overeating at all meals.
- (c) Regularity — Should be present in all activities; eating, sleeping, and workouts.

2. ON THE FIELD

- (a) Warm-up — Should start with slow stretching exercise with an increase in tempo.

- (b) Actual practice — Periods of work, taking a lot of effort should be followed by periods requiring less effort allowing some recovery time. Small amounts of water during practice are very beneficial.

It is early in the conditioning period that the athlete is most likely to be injured. With fatigue, the finely skilled motions become gross motions and graceful co-ordination is lost. Further, the athlete is not mentally alert.

The question is frequently brought up as to when an athlete is in condition. It is my opinion that he is in good condition when he meets the following:

- 1. His respiration recovery period from exertion is minimal (30-45 seconds from panting to normal breathing.)
- 2. His movements remain well co-ordinated to the point of fatigue.
- 3. His resting pulse rate is 60-68.
- 4. He is mentally alert to instruction.



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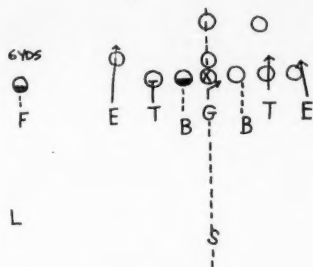
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Bannister	Mile	14	5	9	England
Courtney	½ Mile	7	5	10	U.S.A.
Delaney	Mile	5	5	10	U.S.A.
Elliott	Mile	—	7	12	Australia
Haegg	Mile	9	6	9	Sweden
Landy	Mile	11	6	12	Austria
Zatopek	Marathon	11	7	12	Czechoslovakia

CHAMPIONSHIP DEFENSE

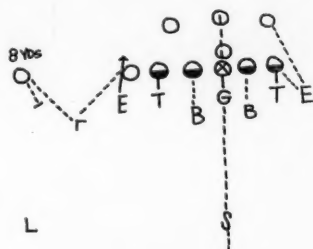
(Continued from page 17)

still the same. The left halfback will play outside of the peeler up to a 7 yard split, then play head on. The left halfback should never get closer than 7 yards to his side line. His other responsibilities are still the same. **ALL OTHER POSITIONS HAVE THE SAME RESPONSIBILITIES AS BEFORE.**



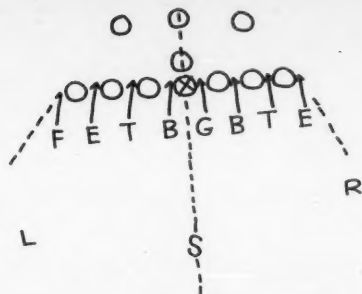
Diag. #3

Diagram III shows the adjustments to a slot formation. The fullback will have the same split rule with the end as he had with the peeler. The left end will play the slot back as he would a regular end. The left halfback will play the split end the same as he would a peeler. **ALL OTHER POSITIONS HAVE THE SAME RESPONSIBILITY AS REGULAR.**



Diag. #4

Diagram IV are the adjustments to an unbalanced line. The fullback will have his same split rule. The left halfback will also have his regular split rule. The left end, tackle, and linebacker will play regular. The middle guard, right linebacker, and tackle will play head on and have the same responsibility as regular. The right end will line up about 3 feet outside of his defensive tackle and key the short side end and close back. He will have the same responsibility as regular. **ALL OTHER POSITIONS HAVE THE SAME RESPONSIBILITY AS REGULAR.**



Diag. #5

Diagram V are the adjustments to short yardage or goal line. The fullback will line up on the outside shoulder of the end and use his regular key. The left end will line up in the end-tackle gap and penetrate. The left tackle will line up in the tackle-guard gap and penetrate. The left linebacker will line up in the guard-center gap and penetrate. The middle guard will line up in the left guard-center gap and penetrate. The right linebacker will line up in the guard-tackle gap and penetrate. The right tackle will line up in the tackle-end gap and penetrate. The right end will line up on the outside shoulder of the end. Key the end for a pass or run

maneuver. He will cover the flat on all passes. The left halfback, right halfback, and safetyman will be the same as regular, except that on the goal line they will never line up deeper than one yard in the end zone.

There are many deals and stunts that can be used from this defense, that will give you enough variation to keep the offense guessing. In conclusion this is the defense that has been successful for us. It didn't necessitate any drastic changes in our personnel or in their assignments and it still kept the basic principle of a sound defense.

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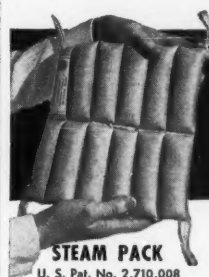
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Co-Ed

OF THE MONTH



JUDY KLAUSER, 20 year old sophomore at Flint Junior Community College, exemplifies a new generation of young women in athletics. The five foot four inch brunette with flashing smile and dancing dark eyes manages an A-B academic average, was runner-up in the Miss Junior College contest, is vice-president of the college gymnastic club and still finds time to devote an average of 30 hours each week to the sport of gymnastics.

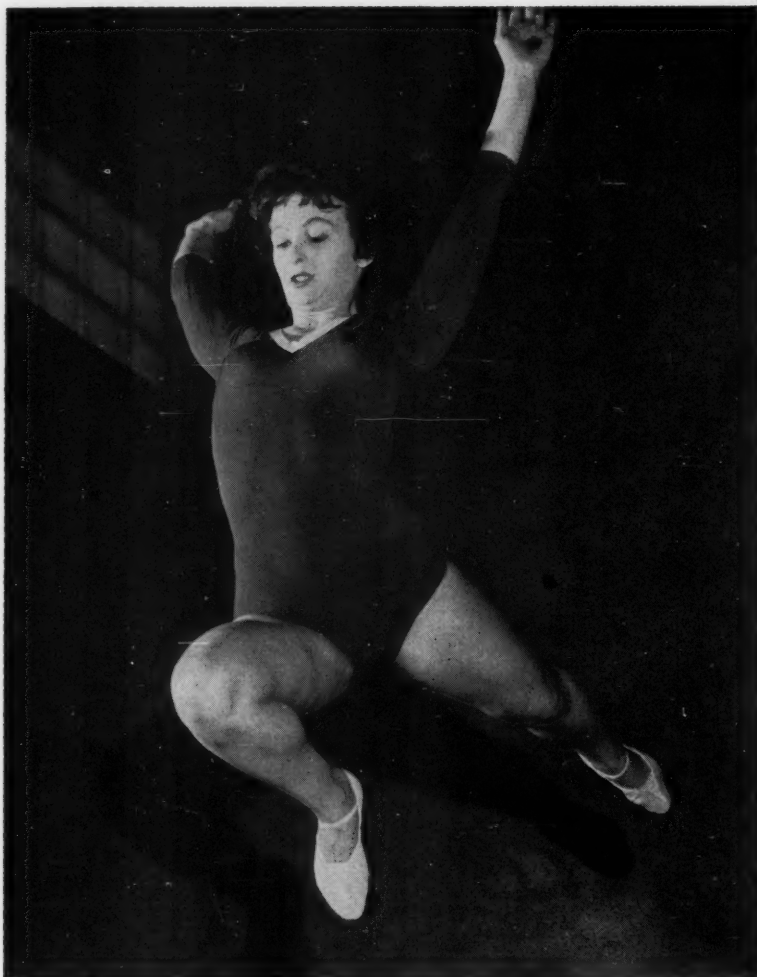
Transplanted from Milwaukee, Wisconsin, where she was given her start in gymnastics by Henry Schiget, she enters her third year of eating, sleeping and living the sport. Visiting her home for a combined total of approximately one month during this period, typifies the type of sacrifice a young woman must and can make.

Judy represented the U.S.A. in international competition in the 1959 Pan American Games and in international dual matches with Canada, Russia and Japan. Her goal is to represent her country in the Olympic Games. She had an opportunity to reach this goal in 1960 when she qualified for the final trials for the 1960 U. S. Olympic Team. She failed by a narrow margin. Undaunted, she returned to Flint after the 1960 Olympic trials with her eyes focused on the 1964 Olympiad in Japan. Her coach, Herb Vogel, says:

"Her undaunted attitude and her desire to excel will put her well at the top of the list of gymnasts who have come out of the Flint program."

JUDY KLAUSER

Flint Jr. College



This list includes Teresa Montejusco, 1960 Olympian, Pan American Gold Medalist, All-American Tumbling champion; Doris Fuchs, 1960 Olympian and All-American; Sharon Phelps, Captain of the 1959 Pan American Team and Joyce Racek, former Olympian and national champion.

Judy now leads a senior wom-

en's team undefeated in the five years that the Flint program has been in operation. This Flint Program, sponsored by the Mott Program in cooperation with Flint Junior Community College, has over 2,200 aspiring gymnasts, some as young as four years old, reaching for that far-off star—Olympic Achievement.

FRONT COVER PHOTO

Michigan State football coach Hugh Duffy Daugherty is known to mix a dash of Irish humor with his expert tutoring.

But to a fellow-Irishman protege, his 1961 captain **Ed "Rocky" Ryan**, playing football is not for laughs. At least it doesn't seem that way to Spartan opponents.

"Rocky" is the hard-nosed, blood-and-guts type of player who is the delight of real football buffs. He is a vicious tackler, a smart diagnostician of enemy plays, a first class linebacker and mobile enough to defend against passes.

The 5-10, 191-pound Chicago senior also can play well on offense. But his main duty for next fall will be that of defensive specialist. He'll be the wild card who will spell the quarterbacks when the opposition takes the ball.

Duffy, now in his eighth season as MSU's head grid coach, is the third oldest head football coach in point of service in State's history.

First in line is Charley Bachman, who piloted State for 13 seasons, 1933 through 1946. It could have been 14 but there was no team fielded in 1943 because of the war. Next is Chester Brewer, who coached eight years between 1903 and 1910 and then came back for single stands in 1917 and 1919.

Duffy became head coach in 1954 after working seven seasons as Spartan line coach under Biggie Munn. During that time Duffy produced outstanding lines which earned the nickname of "Duffy's Toughies."

In 1954 and 1958 MSU won only three games each time. But in 1955, Duffy's second year as head man, the Spartans won eight of nine games, copped a Rose Bowl championship and Duffy himself was elected "Coach of the Year" in a landslide vote.

Duffy followed this up in 1956 with a 7-2 won-lost record despite a run of injuries to key players, and in 1957 his club placed second in the Big Ten with another 8-1 performance.

In 1959 the Spartans climbed from the conference cellar into the runner-up spot, and last year they posted a 6-2-1 mark.

Going into the 1961 campaign, Duffy has a record of 41 wins, 21 losses and two ties for his seven seasons at State. His winning percentage of .661 is second only to Woody Hayes of Ohio State among current Big Ten coaches.



Coach John Schwartz



Jack Kriethe

Featured Coach and Athlete

JOHN SCHWARTZ & JACK KRIETHE

Garber (Okla.) High School

COACH JOHN SCHWARTZ led the 1961 Garber Wolverine baseball team to the 1961 State Baseball Championship with an undefeated record of 35 consecutive wins. The record set an all-time Oklahoma and world's record for one season. The new win streak broke the old record of 33 straight wins set by Schwartz's 1958 Garber Wolverine team.

JACK KRIETHE, All-Star pitcher, who was the only senior on the champion Wolverine team, was one of the big reasons for their success as he won 17 games while losing none. Kriethe hurled 3 "no-hitters" this season and 5 one-hitters as he blanked 10 teams of the 17 games he pitched. Kriethe also excelled as a hitting star for the Wolverines as he hit .424 driving in 55 runs. He collected 7 doubles, 3 triples and one home run with 36 hits in 85 official times to bat. Kriethe, who is 6'3" and weighs 185 pounds, will attend Oklahoma State University at Stillwater, Oklahoma this year on a scholarship.

The Garber coach was selected as the Oklahoma High School "Coach of the Year" this season. His Wolverine team scored 287 runs and allowed 39 runs in 35 games played. Eighteen of these

teams failed to score against the Garber nine.

Garber is a Class B school with an enrollment of only 152 students in high school and a community of 1,000 people and they won 7 tourney championships this year including the AA Tourney Championship as they defeated Putman City of Oklahoma City in the finals by a score of 9-5. At the time, the Putman City team was ranked the number one team in the state of Oklahoma. In all, Garber defeated six AA teams during the season that included Enid twice, Dumas, Texas, Blackwell and Woodward.

During the past ten years the 31 year old Garber coach has led his baseball teams to 233 victories against only 31 losses. In 1960 he was selected the Coach of the North All-State Baseball Team and led his charges to a 6-1 victory over the South All-Stars in the annual All-Star game sponsored by the Oklahoma Coaches Association.

Schwartz has developed 7 All-Star Baseball players and one High School All-American football player in his tenure at Garber.

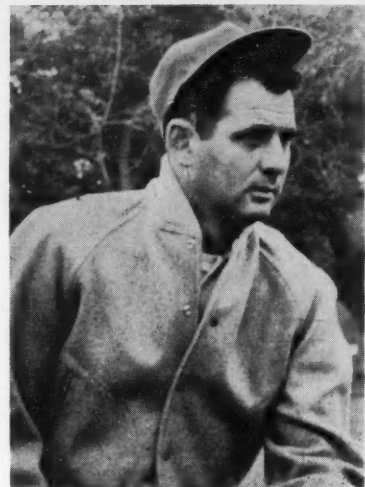
This is a great record and we salute Coach Schwartz and Jack Kriethe as our "Featured Coach and Athlete."

POP WARNER CONFERENCE



KING FOOTBALL CONFERENCE OF LOS ANGELES

By CARL FIALA



Bud Jellerson, La Mirada, California, one of the founders of King Conference and now National Commissioner of Football for Los Angeles area.

SEEING THE NEED for some kind of contact sport to take care of the spare time for the youth in the ever increasing numbers in the La Mirada area during the season after baseball, **Bud Jellerson**, National Pop Warner Commissioner, with the help of **Jabo Jablonski** from El Monte, and **Orrick Hampton** who has been connected with youth programs for many years at Arcadia, three football teams of the Midget Class were formed and were accepted into the Orange County League for the 1957 season.

While this venture turned into a most interesting season, capped by the La Mirada Knights winning their league and going to New Brunswick, New Jersey, and playing in the first Hall of Fame Bowl, and beating that team for the National Pop Warner Football Championship, it was realized that to continue and grow, it would be necessary that more areas become interested and drawn into the program. With this in mind, many prominent people from various communities were contacted and asked to meet at the Maywood Recreational Center with the main purpose being to form a Conference.

Including two of the original teams, the La Mirada Knights and the Arcadia team, sufficient interest was shown by individuals from Maywood, Bell, Bellflower, E.L.A.-Montebello and the Mar Vista areas that teams were entered in the Midget Division as well as four teams entering into a Pee Wee Division, too. This made a total of 11 teams in the two divisions that would comprise the Conference for the 1958 season.

With a Conference definitely in the

making, the name of "KING" to denote the very tops, was selected as the name which would be most fitting to what everyone felt would some day be the TOP Conference in the Southern California area, and which subsequent events have proven to be quite true.

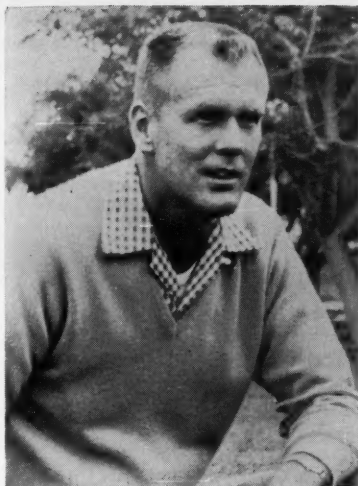
With time getting short, especially for the new teams which had to secure sponsors, raise money for uniforms, and equipment, secure playing fields, etc., it was felt that a man with a great desire for this type of program, one who had a broad fiscal knowledge in budget matters, and one who would and could give a lot of his time, should be found to head the Conference. This person was found in the name of "**Jim Brown**" of La Mirada, who received unanimous approval and was duly elected President of the King Football Conference for the year 1958.

The year 1958 saw the King Football Conference establish itself as a well-administered organization of 11 teams comprising the two divisions, the Pee Wee and Midget Divisions. True, there were times when it seemed like some of the teams with their many problems, such as getting the backing of the city, even the backing of the parents, not to mention the backing of the educators of the various schools, would not make it through the season. Then, there were Conference problems that had to be worked out by the capable men that ran it, and when the "Awards Banquet" was held at the end of the season it seemed to symbolize what can be done by so many when the goal is the same, helping the youth of "Today".

Possibly, should there be one factor to receive more credit than any other in achieving the success of this Conference, not only for this year, 1958, but for the years to follow, was their following the National Pop Warner Scholastic standards of all players maintaining a "C" average or higher in their grades before they were allowed to play. Should a player's grade fall below the "C" average during the season, he was not allowed to play further until those grades were brought back to the "C" average as attested by his teacher.

In the first year, there were only three boys that dropped below the C-average during the season and in all three cases their grades were brought back up and they were able to qualify for the team. Pride in being a member of any team has worked wonders for some of the boys who up to the time they made the team were below the standards of their capabilities, but who many educators have said, "Once he made the team his grades improved remarkably", this was just one of the many goals of the King Football Conference.

Other goals which are the objectives of the program, are: to inspire youth to practice ideals of health, citizenship, and character as reflected in the life of Glenn S. (Pop) Warner, to bring our youth closer together through the means of a common interest in sportsmanship, fair play and fellowship; to impart to the game elements of safety, sanity and intelligent supervision; to



William Meines, a founding father of King Conference and National Commissioner of Bowl Games for Southern California.

keep welfare of the boys first, foremost, and entirely free of adult lust for glory.

Twenty-one teams were admitted to the Conference for 1959, and at the same time another division was added, the Junior Bantams. Continuing to follow these objectives, the 1960 season saw 36 teams and four divisions. This year the Bantams were established, giving the Conference four divisions starting with the little fellows, the Pee Wees, whose age as of August 1 had to be 9 and not more than 12, with minimum weight of 65 pounds and top weight of 90 pounds. Then came the Midgets, whose minimum age was 10 and maximum was 13, with minimum weight of 75 pounds and maximum of 110. After the Midgets came the Bantams, the new division, with minimum age of 11, tops of 14, minimum weight of 95 and tops of 125. The last, the Juniors, whose minimum age was 12 and whose maximum was 15, with minimum weight of 110, and maximum of 140, with five pounds being added to all divisions for bowl play. This was one, if not the largest, Conference in the Southern California area, and included such other cities as Venice, Reseda, Southeast Athletics, Valley Chargers, Baldwin Hills, Canoga Park, East Whittier, Gardena, Rio Hondo and White Oaks.

The 1960 season saw Jim Brown, due to pressing business commitments, leave the Conference as President, with **Bill Gregory**, a strong booster and worker with the E.L.A.-Montebello

(Continued on Page 39)

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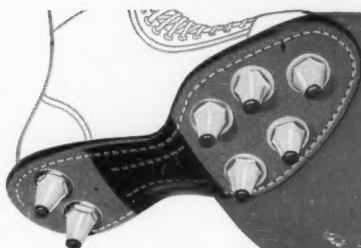
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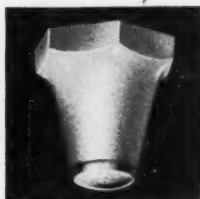
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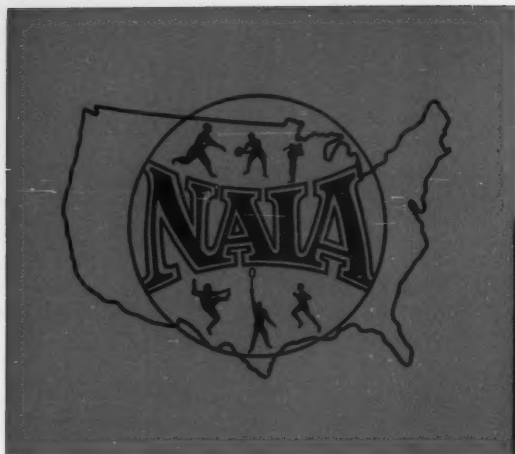


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THE NATIONAL Association of Intercollegiate Athletics (NAIA) enjoyed its most successful spring tournament program this year, with the caliber of play the best ever.

Only baseball champion East Carolina College of Greenville, N. C. broke a Texas monopoly. Lamar Tech, of Beaumont won individual and team titles in golf; Pan-American College of Edinburg took individual and team titles in tennis; and Texas Southern University of Houston won the track title in a squeaker over Ralph Boston and Tennessee A&I.

More than 12,000 people in Sioux Falls, South Dakota watched Coach Stanley Wright's Texas Southern team amass 49 points and the track and field championship. It was the lowest winning total since Abilene Christian nipped Texas Southern 39 to 33½ in 1954. Texas Southern also annexed the 440 and mile relays, but these did not count in team totals.

Boston indicated a great decathlon potential by winning the 120-yard high hurdles (:13.7), the 220-yard low hurdles (:23.2), the broad jump (25-6½), the hop, step, and jump (48-10¾, new meet record), and tied for second in the high jump with a height of 6-7. His total of 47 points is an individual record for this 10-year-old event, held at the Howard Wood Memorial Stadium for the third straight year.

Other outstanding performances included Robert Hayes's double win in the 100 and 220; Fred Shaffer's discus throw of 185-3½ that broke the NAIA standard; and Walter Johnson's (North Carolina College) new record time of :46.3 for the 440.

Hayes, Florida A & M freshman, tied the existing world record in the 100 with a :09.3, and tied the meet 220-yard dash record (:21.0) around a

turn. Whitworth's Shaffer made the best collegiate discus throw of the year.

In all, 11 of the 19 meet records were either broken or tied.

EAST CAROLINA COLLEGE, led by sound-alikes Larry Crayton and Larry Clayton, defeated a strong Sacramento State College nine, 13-7 in the finals of the baseball tournament. Coach Jim Mallory brought only 13 players to the tournament, and then lost shortstop Glenn Bass due to a leg injury in the second game. Still the Pirates had the best pitching depth in the tournament, getting five complete games out of the six games played.

Crayton, a stocky left-hander, struck out 19 Grambling (La.) batters in a third round game to set a new tournament record. He won another game, and came on in relief in the finals, to earn "Most Valuable Player" honors in the tournament. Clayton, a left-handed batting outfielder, knocked in six runs with four hits in the 15th and final game, made necessary by Sacramento's comeback win over the Pirates in the "first final" of the double-elimination tournament.

The tournament was played in Soos Park, Sioux City, Iowa.

* * *

John Sharpe, a Pan-American College veteran from Australia, defeated teammate Jerry Wortelboer 6-3, 3-6, 6-2 for the singles crown in the tennis tournament played on the Rockhill Tennis Club courts in Kansas City.

Sharpe teamed with Don Russel, another Australian, to capture the doubles championship over another Pan-American twosome, Jim Watson and Ken Lang, 7-5, 7-5.

Sharpe advanced to the singles finals by beating Wayne Hirst of East

Texas State, 6-2, 6-1. Wortelboer advanced 6-4, 6-3, 6-2 over Jim Watson.

Pan-American, which clinched the team title with 19 points in the opening session, finished with 29. Southeastern Oklahoma State was second with 10, and East Texas third with nine.

Lamar Tech, which had won six championships in a row, did not defend its title. Instead the Texas college squad toured England, playing at Wimbledon and other tournaments. In its first match, Lamar Tech defeated a combined Oxford and Cambridge universities team, 9-0.

* * *

Lamar Tech won its second straight NAIA college golf championship with two other Texas teams finishing second and third.

Bud Lively of Lamar captured individual honors with a one under-par 287 for the four-day tourney and teammate James Wright was second with a 289.

Play was over the 6,401-yard Elks Country Club course in Shawnee, Oklahoma. Texas Wesleyan was second and Stephen F. Austin (Texas) was third.

Steve Spray of Eastern New Mexico University was first-round medalist with a 70.

NOTES: Coach Bob Lee of Southern (La.) University was elected "Coach of The Year" by the 380 NAIA baseball coaches. Lee received the first annual Hanna Manufacturing Company Plaque from sales manager Johnny Broadnax at a special buffet dinner in Sioux City, Iowa during the tournament.

Further expansion of NAIA baseball included an All-American team for the first time. The team: Wes Parker, Claremont-Mudd (Calif.), first base; Harry Levy, Southern (La.) University, second base; Les Kuhn, Sacramento State (Calif.) shortstop; Frank Misuraca, Southeastern Louisiana, third base; outfielders Tom Agee, Grambling; Larry Clayton, East Carolina; Royce McDaniel, Lewis and Clark (Ore.); and J. E. Rowe, Georgia Southern; Bill Sebera, St. Mary's (Texas), catcher; and pitchers Dick Bach, Sacramento State; Larry Crayton, East Carolina; and Fred Herrman of Linfield (Ore.).

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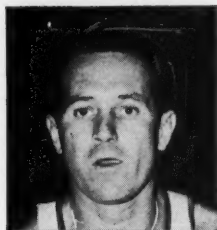
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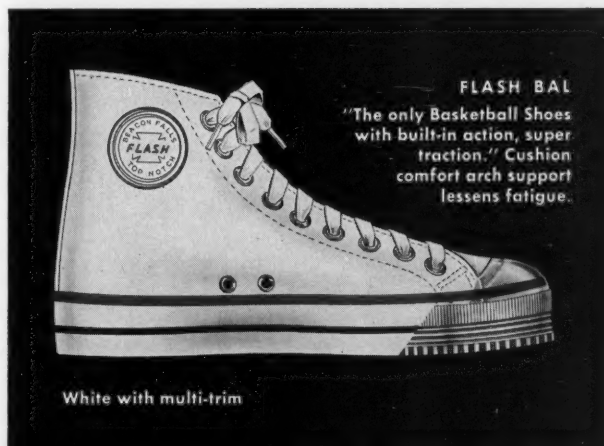


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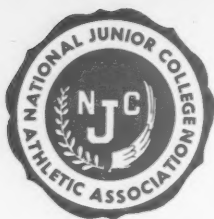
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JUCO

by
GEORGE KILLIAN

THE 1960-61 NJCAA year came to a fitting climax with the crowning of the spring sport champions.

Wilmington Junior College of Wilmington, North Carolina, annexed the baseball crown by downing host Mesa JC of Grand Junction, Colorado.

This year's five day tournament drew a total attendance of 7,891 to make it the biggest and finest run baseball tournament in the history of this event.

Howard County Junior College of Big Springs, Texas, captured the 20th Annual Track and Field Championship, far outdistancing runner-up Coffeyville JC of Coffeyville, Kansas.

Bill Argo, Herman Robinson, and Dean Cheatham, Howard County's outstanding triumvirate, accounted for 59 points of the winning total of 93 1/7 points.

Pratt Junior College of Pratt, Kansas, successfully defended its tennis title at Rochester, Minnesota. Wingate JC of Wingate, North Carolina was runner-up.

Pratt and Wingate divided individual honors with Pratt's Terry Smith winning the singles crown. Wingate's doubles team of Norman Chambers and Charles Burns won the pairs crown by upsetting Ron Glotta and Tom McKain of Hutchinson, Kansas, 1960 runner-up and title favorites this year.

The final NJCAA crown of the year was won by Odessa College of Odessa, Texas. Jerry Cozby and Danny Swain parlayed their golfing talents with their home course knowledge to sweep top honors in the NJCAA golf tournament for the third consecutive year.

JUCO JOTS: **Owen Dixon**, veteran football coach who resigned as an assistant at Brigham Young University last winter, has been named assistant football coach at Dixie College, St. George, Utah. Dixon also will serve as head baseball coach next spring — Assistant coach **Don (Babe) Danielson** will move into the head football job at Reedley College, Reedley, California this fall, succeeding Jim Ruhl, who has resigned to enter the business world — **Mary Sherar**, Yakima Valley JC's sizzling tennis star, captured the singles title in the Northwest Women's Colle-

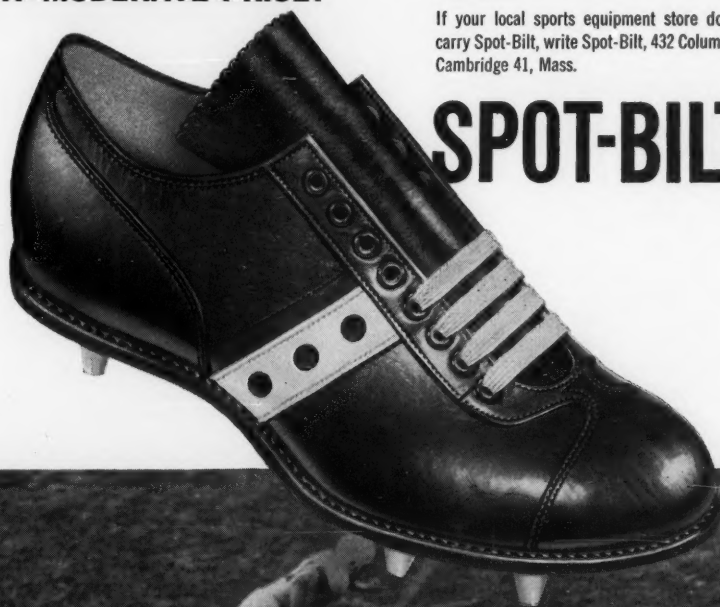
giate Tennis Tournament — **Richard E. Baldwin**, Broome Tech's veteran cage coach mentor, captured the Binghamton (New York) Country Club golf Championship for the third time in the past seven years — **Edwin Daub**, who compiled a brilliant coaching record at Oriskany Falls (New York) High School, will join the Hudson Valley Community College coaching staff as head soccer and baseball coach — An expected enrollment of 3,000 next fall has prompted Dade County Junior College officials to beef up athletic coaching staffs. Six new coaches have been added to the Dade County list. **Bill Alheim**, who just left a post as head baseball and assistant basketball coach at Chipola JC, will become assistant to Jim Harley in basketball at DCJC. **Everett (Pappy) Holt** has been signed as track coach and Jim Reasonover will handle swimming and serve as trainer. Both move in from Hialeah High School. **Frank Vitale**, former assistant in football at San Diego State College, will join the staff as business manager. **Dick Gutting**, gymnastics instructor at Fort Lauderdale, has been named head gym coach and will assist Guy Childers with intramurals. The latter, currently president of the Health and Education Association of Dade County, will handle gold — **Eugene (Buzz) Keefe**, Director of Athletics at Westchester Community College, Valhalla, New York, was elected director of the newly constituted NJCAA Region xv. Gerry Anderson, Director of Athletics at New York City Community, was elected assistant director — NJCAA Certificates of Service were presented to Henry H. Brown, Amarillo, Texas; Horace J. Wubben, Grand Junction, Colorado; and H. A. Dickson, Ogden, Utah. Certificates are awarded to those who have given gratuitously of their time and services to the NJCAA for many years — **Monroe Northcutt**, coach at Victoria High School for nine years, has been named head track coach and supervisor of intramurals at Victoria College, Victoria, Texas. Northcutt succeeds Eddie Shinn, who will devote full time to his post as dean of men at the college — **Bill Mann**, head basketball coach at Fullerton Junior

College, has shifted to Phoenix College where he will become director of athletics and chairman of the physical education department as well as head baseball coach — **John Naughton**, former star athlete at Buena Vista College, signed as head coach of all sports at Fort Dodge Junior College, Fort Dodge, Iowa — John "Taps" Gallagher, head cage coach of Niagara University's Purple Eagles, and Dick Baldwin, coach of the Broome Tech Hornets, were members of the instructional staff at the 1st Annual Erie County Basketball Clinic, held at Erie County Technical Institute, Buffalo, New York — Mohawk Valley Tech of Utica, New York makes its intercollegiate soccer debut this fall. The Hawks will be coached by Bob Jorgenson, former soccer ace at Cortland State Teachers College.

CALENDAR OF EVENTS FOR 1961-62

- October 1 — Football Ratings begin for 1961.
- October 13-14 — National Alliance Baseball Rules Committee Meetings in Chicago, Illinois.
- October 15 — Deadline for 1961-62 membership dues. Send check to regional directors.
- November 11 — NJCAA Invitational Cross Country Championship Meet, New York City Community College, New York, New York.
- November — NJCAA Invitational Soccer Championship. Date and Site to be determined.
- November-December — NJCAA Football Championship Game. Date and Site to be determined.
- December — NJCAA All American All Star Football Game, Albuquerque, New Mexico. Date to be determined.
- January 3-4-5 — National Alliance Football Rules Meeting, St. Louis, Missouri. Publication of Blue Book of Junior College Athletics.
- January 26 - Feb 16 — NJCAA Invitational Postal Rifle Championship Match, Erie County Technical Institute, Buffalo, New York.
- February 22-24 — NJCAA Invitational Swimming Championships, Flint Junior College, Flint, Michigan.
- March 2-3 — NJCAA Invitational Wrestling Championships, Lamar Junior College, Lamar, Colorado.
- March 20-24 — NJCAA Annual Legislative Assembly and Basketball Tournament, Hutchinson, Kansas.
- May 18-19 — NJCAA Track and Field Championship Meet. Big Springs, Texas.
- May 25-30 — NJCAA Baseball Championship Tournament, Grand Junction, Colorado.
- June 5-8 — NJCAA Invitational Golf and Tennis Championships, Joliet Junior College, Joliet, Illinois.

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SPOT-BILT 0514





BERT BERTINE

Champaign-Urbana Courier



BIG TEN prospects, 1961, are divided among the "haves" and "have nots." In other words, those teams which have experienced quarterbacks, and those which do not.

The totals split down the middle with five teams retaining field generals who were starters last season, and five which lost them.

Oddly, though, two teams in the fix of opening campaigns with green hands at the throttle, are being picked among the 1961 favorites. They are Ohio State and Michigan State. Evi-

dently the experts who like the Buckeyes and Spartans feel they have so much talent otherwise that any old quarterback will do.

Other schools liked by the forecasters, and which have veterans in the important QB post, are Iowa, Michigan and Minnesota.

Perhaps the one quarterback who could make the biggest difference in the 1961 scramble is Ron Miller of Wisconsin. The Badgers of Milt Bruhn plummeted from first place in 1959 to last place in 1961, but it wasn't the fault of Miller and an ace sophomore receiver, 6-5 Pat Richter.

These two staged the finest aerial circus seen in the conference in some moons until both were injured. Richter tied the all-time Wisconsin record of 25 receptions before breaking a collar-bone with three games left. Miller, hobbled by two bad ankles, still hit 97 of 188 passes for 1351 yards and eight touchdowns.

Wisconsin was held back, though, by lack of experience at most positions in a rebuilding year. With Miller and Richter whole again, and with 21 lettermen, Bruhn's pro-type attack well could upset the whole Big Ten dope chart.

WOODY HAYES' Ohio squad is loaded everywhere but quarterback. The job appears to lie between letterman Bill Mrukowski, used chiefly on defense, and soph Joe Sparma. With All-American fullback Bob Ferguson at fullback flanked by two of the fastest newcomers in Buck history, halfbacks Paul Warfield and Matt Snell, the quarterback's job may be only that of handing the ball to one of these three and getting out of the way.

IOWA has the only new coach in the circuit, 34-year-old Jerry Burns. He inherited nine starters from Forest Evashevski and promises a powerful first team. If he can find depth the Hawks well could equal or better last year's 8-1 record. Burns has the top

1-2 quarterback combo of Wilburn Hollis and Matt Szykowny and the most explosive ball-carrier in the league in Larry Ferguson.

MICHIGAN STATE has 14 regulars back, but Coach Duffy Daugherty has the old familiar task of finding a QB to replace Tommy Wilson. He's all set at other jobs and may have one of the nation's top new linemen in 240-pound sophomore end Matt Snorton.

Defending champion Minnesota keeps quarterback Sandy Stephens but lost heavily by graduation which took, among others, All-American guard Tom Brown. Coach Murray Warmath will have a veteran backfield and will be strong at ends, but the interior line is a question mark.

Bump Elliott's Michigan club is being rated highly because of the return of quarterback Dave Glinka and dangerous runners Dave Raimy and Ben McRae. He did lose some fine linemen, though, who paced the Wolverines to No. 1 rank on defense in the 1960 Big Ten race.

Only other team with an experienced quarterback is Indiana and it's doubtful how much the experience counts. Phil Dickens tried four field generals most of last year without much success, but Woody Moore showed signs of promise in late games. The Hoosiers, cuffed by eight of nine foes last fall and on Big Ten and NCAA probation, must rebuild morale and confidence.

PURDUE lost Bernie Allen, talented quarterback, among 18 lettermen who graduated, but retains sufficient talent to be a title threat if the QB problem is solved. Backfield coach Bob DeMoss is high on sophomore Ron DiGravio. Coach Jack Mollenkopf has at least two lettermen for every other position.

NORTHWESTERN and Illinois both expected to have veteran quarterbacks this season, so their loss of such was doubly grievous. Coach Ara Parseghian of the Wildcats would have had the best all-around man in the loop in Dick Thornton, but the Chicago product succumbed to the lure of Canadian Football League gold. Parseghian retains some outstanding linemen, and the 1960 frosh squad was highly touted, so Thornton's defection may not prove fatal.

ILLINOIS graduated Johnny Easterbrook but still had Mel Meyers, his quarterback alternate, until Meyers was dropped from the squad in February for disciplinary reasons by Coach Pete Elliott. He was one of six top players, on top of a heavy graduation list, lost to the Illini for various reasons. It all adds up to one of the bleakest outlooks at Illinois since the 1954 season which ended 1-8.

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SOUTHWEST



WILBUR EVANS
Director Public Relations
Southwest Conference

FORECASTING the eventual Southwest Conference football champion has never been easy — as the area sports-writers will attest — but the chore appears even more difficult this year as the leaves — autumn as well as tea — start turning. Last season's four teams, all of which went a-bowling, are awesome again and a fifth is sharing consideration in the appraisals.

Prognostication polls are popular but hardly reliable in this sector. Writers and sportscasters had participated in twenty-seven Texas Christian polls prior to the current season and had picked the eventual winner only five times.

It should be pointed out, however, that on two other occasions the team they picked to win the championship managed a share of the crown. We probably should spare them the embarrassment over the fact that twice the team they picked for the championship finished in last place.

All of these face-reddening facts are cited merely to point up how difficult it is to forecast in this area. For a while it appeared the rags-to-riches theme might be a clue, as four consecutive champions (1954-57) made it from the cellar to the throneroom within two seasons.

Then the 1958 champion (TCU) climbed from a fifth-place tie to the championship in successive seasons. Arkansas managed a like recovery in 1959 when it climbed from the depths to a co-championship.

Then Arkansas repeated as champion last year to discredit the rags-to-riches angle.

With Arkansas and Texas, the winningest teams over a two-season span, highly respected again, odds are against either one-year or two-year rehabilitations. However, Baylor or Rice could follow the two-year recovery schedule, as they finished fifth and sixth, respectively, in 1959 and are blessed with good talent. They appeared in the Gator and Sugar Bowls, respectively; and have more of their casts returning.

Precedence could be a good yard-

stick for picking Rice this year, because the Owls have been as regular as presidential elections at four-year intervals. Rice was champion in 1949, co-champion in 1953 and king again in 1957. Lots of veteran observers feel Rice will abide by the timetable.

Although abnormally optimistic, Coach Jess Neely has tremendous respect for the competition. He believes there are more first-rate contenders than at any time since he started coaching in the league in 1940.

TEXAS A&M, which has given the crystal ball a pentagonal appearance, is the lone hope to get rich quick. Although they have not won a conference game in two seasons, the Aggies are highly regarded because prospects are bright for a good line and much improved attack.

Baylor was the only conference rival to better the Aggies by more than a single touchdown last fall.

Texas Christian has not rated much of a tumble by the seers after last season's 3-3-1 finish in the conference race. Even with that slump TCU's Abe Martin can still claim the best three-season won-lost-tied record for league play, 13-5-1, to 13-6-0 for both Texas and Arkansas.

TEXAS has the best four-year figures: 17-7-1 under Darrell Royal as compared to 15-9-1 for Arkansas, Rice and TCU for the same period.

The 1961 season will be significant at Rice for a variety of reasons. It marks the 22nd campaign for Neely in the Southwest Conference, more than any head coach has served in this league.

Dana X. Bible, who retires on September 1 after a half-century in athletics, served 21 seasons (11 at Texas A&M and 10 at Texas). Dutch Meyer, who literally grew up on the TCU campus, tutored the Horned Frogs through 19 seasons before handling the reins to Martin, who is also a TCU product.

Bible leads them all in number of championships (8, 5 at A&M and 3 at Texas) and percentages (64-37-7.625), while Neely has "benched" more

games (125) and has fashioned the most victories (70).

A mecca for bowl prospects in recent years, the Southwest Conference should maintain that reputation this year. Four bowl teams were produced last year and three the previous season, which lifted the Southwest Conference representation in post-season games to 13 over the past five seasons and 20 for the past decade.

Texas Tech, now a full-fledged member of the conference, also made three bowl appearances during that span.

There's considerable optimism in the Southwest that the football is going to be better and particularly more interesting. The fans foresee and expect an emphasis on offense with the seven leading ball carriers, the four top passers and the six leading receivers of last year back in harness.

This in contrast to last season, when the leading ball carriers (7 of top 10) and passers (the two best and 5 of the top 10) had departed.

Arkansas' Frank Broyles says, "you can judge a league's strength by the number of really outstanding backs there are available." The SWC probably was never so blessed.

Arkansas has the remarkable **Lance Alworth** at halfback and two first-rate quarterbacks in **George McKinney** and **Billy Moore**.

Baylor has **Ronnie Bull**, tabbed "the complete football player" at fullback, **Ronnie Goodwin** at halfback and red-hot competition at quarterback between **Bobby Ply** and **Ronnie Stanley**.

Texas offers **James Saxton**, one of the most dazzling runners in conference history, unquestionably the quickest, and acknowledged depth at every spot. QB **Mike Cotten**, FB **Ray Poage** and HB **Jerry Cook** and **Jack Collins** command respect.

Tech has **Collidge Hunt**, who led the ball carriers as a soph fullback last year, and **Bake Turner**, one of the more versatile.

Rice has the proven one-two punch at quarterback and **Billy Cox** and **Randy Kerbow**, an able fullback in **Roland Jackson** and strong running backs on **Bob Wayt** and **Jerry Candler**.

A&M has top hands in **Sam Byer** and **LeeRoy Caffey** and bright newcomers in **Jim Linnstaedter** and **George Hargett**.

TCU has the nation's biggest quarterback in **Sonny Gibbs**, whom many think could still develop into an overnight sensation.

SMU looks to newcomers **Jerry Rhome** at quarterback and **Billy Gannan** at halfback to help pump new life into the Mustang corral.

Dave Campbell, the Waco sports editor who has produced exceptional

(Continued on page 42)



BILL KERCH

MISSOURI VALLEY

St. Louis Globe-Democrat



COACH DAN DEVINE recently told some University of Missouri football fans, at a sports night event in Columbia, Mo., that as he sees it his defending Big Eight champion Tigers would be rated in the lower division of this coming season's race for the title. Devine saw Kansas and Oklahoma as the top two threats for the crown, with Colorado and Nebraska filling out the upper echelon, while his own Tigers were placed by Dan in the lower echelon with Iowa State, Oklahoma State and Kansas State.

But we can't go along with that, because we'll go along with Devine's Orange Bowl champs in a real battle to retain their title. Of course, Coach Jack Mitchell's Kansas Jayhawkers, who beat Missouri in the season finale to win the title, only to lose it because of the ineligibility of Halfback Bert Coan, is expected to be stronger even though Coan suffered a broken leg during spring practice and may miss the entire 1961 season.

In the Missouri Valley Conference defending champion Wichita, under Hank Foldberg, should get its toughest battle from Tulsa although Cincinnati and North Texas State will be improved. Neither Drake nor Bradley, both league members with teams, compete in the title race.

Of course, the likeable Devine is right in trying to quell the enthusiasm of Tiger fans because of the loss of his topflight halfbacks and ends. Gone from last season's 11-0 (including the Kansas forfeit) are Halfbacks Mel West, Norris Stevenson, Donny Smith and Fred Brossart and they've been the starters through Devine's first three years at Missouri. The graduated ends include All-America Danny LaRose, Tom Carpenter and Gordon Smith.

But Devine will have his ace quarterback, Ron Taylor, back. Halfback Norm Beal, one of the stars in Mizzou's Orange Bowl victory over Navy, also is returning as are Tackle Ed Blaine and Guards Paul Henley and Paul Garvis along with Tackle Bucky Wegener, sidelined all of last year because

of an injury. Also back are Fullback Andy Russell and extra point kicker Bill Tobin, who connected on 30 of 33 tries plus three field goals and who was Russell's reliever. Mike Hunter, whom Devine used briefly in the quarterback spot last season, is expected to be shifted to a half-back position. Among top rookie prospects are Halfbacks Bob Thomas and Paul Underhill, Quarterback Keith Weber and End John Sevcik.

Coach Mitchell's top returnees at Kansas are Quarterback John Hadl, who also works as a halfback, and Halfback Curtis McClinton. Rounding out the backfield will be Hugh Smith at half and Roger McFarland at full. The veteran line will be headed by Ends Mike Deer and Larry Allen, Tackles Stan Kirshman and Larry Lousch, Guards Ben Boydston and Elvin Basham and Center Kent Staab.

OKLAHOMA, which had a string of 12 straight conference titles under Coach Bud Wilkinson broken last season by Missouri, should be better despite the loss of Fullback Ronnie Hartline. Wilkinson has seven starters returning along with nine alternate unit players. Veteran linemen back are Ends Ron Payne and Dale Perini, Tackles Tom Cox and Bill White, and Jim Byerly at center. Jim Carpenter is expected to be the quarterback, getting an assist from sophomores Monte Deer and Jim McKay. Mike McClellan and Bill Meacham are back as halfbacks and rookies expected to help are End Dick Inman and Tackle Jerry Cogburn.

COLORADO lost eight starters but has three standouts back in All-America guard Joe Romig, Quarterback Gale Weidner and End Jerry Hillebrand. Weidner, passing leader in the conference for the past two years, should be even better this season and Halfback Ted Woods could come into his own with all his speed. The Buffs, like Kansas, Oklahoma and Nebraska, all picked up transfer students (players who were eligible but withheld from competition last year).

NEBRASKA lost its starting quarterback and center. Dennis Claridge, one of the transferees, is expected to take the signal-calling job and Mick Tingelhoff will be the center. Ron Meade and John Faiman are rookies expected to help in the backfield as is Thunder Thornton.

OKLAHOMA STATE should be faster this year with Jim Dillard at fullback, Bill Harper and Wesley at the halfback spots and Bill Leming and Mike Miller taking turns at the signal calling. The line is headed by Gary Cutsinger, Frank Parker, Bill York and Dave Hannah.

Coach Clay Stapleton has come up with successive 7-3 seasons at Iowa State, so the Cyclones can be looked on again as one of the toughies in the league. However, the loss of Fullback Tom Watkins will hurt but Halfback Dave Hoppmann will be back after a most successful season as a sophomore. Ozzie Clay and Dan Hoover are sophs who could help and Wingback J. W. Burden will be back as will linemen Dan Celoni, Carl Porto and Gary Astleford.

Eighteen lettermen will return to Kansas State, which won only one of 10 games last season. Among these are End Darrell Elder, Guards Conrad Hardwick and Tom Dowell and Center Al Kouneski. Rookies expected to help carry the load include Joe Provensano at tackle and Ralph McFillen at quarterback.

Tulsa grabbed nine players from schools which dropped football (such as Marquette and Denver) and should be stronger because of it. The Valley allows three players to become eligible immediately. The Hurricane should get a big lift from Denver transferee Ramiro Escandon. David White, top rusher in the Valley last year, returns as do standouts Bob McGaffin and Jim Furlong.

WICHITA has six starters back, including speedy halfbacks Bill Stangarone and Gary Bowers, and a half dozen returnees from the No. 2 unit. Alex Zyskowski also will be back as quarterback.

Cincinnati has 16 of the top 22 back from last year's 4-6 team with Quarterback Larry Harp, Halfback Fred Oblak and Fullback Ed Banks leading the way. The top linemen are Ken Byers at tackle, Bob McCutcheon at end and Tom Reinstatler at center.

NORTH TEXAS will have 17 lettermen back along with 10 transfers. Tackle Bill Kirbie, Guards Bill Weaver and Gerry Hawkins, Halfback Bill Christle and Fullback Art Perkins are among the top bets.

Both Bradley and Drake are expected to be improved over last year.

POP WARNER

(Continued from Page 31)

teams, being elected unanimously as the new President. Bill, too, accepted the challenge of the ever growing Conference with the same vigor and enthusiasm as Jim did. With this new job, Bill was saddled with the ever mounting budgetary problem in getting insurance, officials, playing fields, etc., for all the teams. Anyone with a less desire than Bill had would have given up, but this wasn't in Jim's character nor was it in Bill's, and with an ever mounting number of teams that were to be admitted to the Conference for 1961, it can be said without bragging, the Conference must rate pretty high in this area. As the number of boys participating grew, so did the number of girl drill teams, and cheering sections, which was one more of Jim's ideas of making this truly a youth activity.

One of the most important aspects of this program for the boys is that those who can and do maintain an "A" average during the season, are given a scholastic trophy, by far the nicest of all, at the "Awards Banquet". These trophies are given, in addition to participation trophies, to all the boys including the Junior Trainers who fulfill their season requirements. The team in each division which has the highest number of boys with "A"'s receives a team Scholastic Trophy which, too, is the nicest of any team trophy, even much nicer than the Championship or Sportsmanship Trophy, which is as it should be when scholastic showing is your highest goal. A good example of the importance of this program is shown by a team that started the program in 1958 and had two "A" students that year, increased the trophies to 7 for 1959, and this past year, 1960, ran off with 18 trophies.

As stipulated in the by-laws of the Conference, all teams must furnish a doctor at all their home games, and there, too, it's most surprising, for as busy as the doctors are today, there has never been a game which there wasn't a doctor present. In addition to this service, the doctors gave all the boys a medical examination prior to certification, and without the doctor's certificate of sound health, a boy cannot participate in the program.

Coaches, as with doctors, were easier to find than was thought possible, and many's the team that had on their coaching staffs All Americans, All Pros, and All Conferences of the many sections of the United States. These men gave their time just as freely as others. Many hours were spent in meetings with their staffs, going to clinics, getting material of college

coaches to insure that the Loys had the best of plays and coaching possible. They are just as dedicated in their application of all the fundamentals of the games as they would be if playing or coaching for a living.

Funds, a nasty word to anyone who is associated with these programs, as it's always so hard to come by. With football, it is probably a greater problem than any other sport due to the excessive cost of the uniforms, so important when safety standards as established by this Conference, are met. Safety, at any cost, has been the motto,

and this has paid off in less serious injuries down through the years.

Starting with the 1958 season, and continuing each year thereafter, a Grand Opening of the King Football Conference has been held. Each team is given as many tickets as they desire which are given to all who donate for this Grand Opening. The money derived from these ticket donations are applied to the team insurance, official's cost and the operation of the Conference.

(Continued on Page 42)

More and More LEADING TEAMS ARE WEARING

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GYMNASTICS

(Continued from Page 19)

2. Endurance
3. Flexibility
4. Agility
5. Speed
6. Power
7. Body Balance
8. General Coordination

Gymnastics for Fitness

How does gymnastics fit specifically into such a program?

1. Gymnastics contribute greatly in all of the above factors of fitness. However, there is a minimum of endurance developed until the activity becomes competitive. Other activities like swimming, track and wrestling are better adapted to the development of endurance and speed.
2. Gymnastics contribute largely to improved abdominal and upper body strength.
3. Individual proficiency is improved greatly in the individual in regard to strength, balance, power, and flexibility.

The Emphasis on Fitness Needed in the United States

Emphasis must be on self-discipline, interest with effort on all activities in the physical education program. Gymnastics can be promoted along these lines.



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The development of strength and endurance tends to give the individual greater self-confidence and self-respect. Then, too, a physically fit individual is an asset to his country.

All-Out-Effort Activities are Stimulating

It should be realized that maximum loads are needed if the muscles are to develop more strength. Likewise endurance is developed as the individual strives toward the limit of staying power. In the Navy V-5 gymnastics program, these activities were called All-Out-Effort Activities because an all-out effort was required on the part of the individual to increase his achievement in chins, dips, etc.

Flexibility Activities Should be Emphasized

To be physically fit, the individual should be able to make a wide range of movements at the joints. The author was amazed at the marvelous flexibility of the general population in India. In order that the body may be supple, balanced, and able to function more smoothly, flexibility exercises should receive more attention in the physical education program. The emphasis in gymnastics upon free exercise which stresses strength, balance, agility, rhythm and coordination is in the right direction.

Activities in the Gymnastic Program

Desired results may be brought about when provision is made for, and when actual participation is encouraged, in the following type of activities:

1. Supporting and hanging (apparatus stunts on the horizontal bar, parallel bars, uneven parallel bars for girls, side horse and rings)
2. Climbing
3. Vaulting (side horse for girls and long horse for boys)
4. Balancing both in the upright position (balance beam) and in the inverted position
5. Tumbling, free exercise, and trampoline

Desired Outcomes for Beginners

1. The development of **strength** and **flexibility** should be stressed.
2. Grasps should be strengthened.
3. Individual proficiency in strength, endurance, agility, flexibility, speed, power and balance.
4. Coordination should improve with due consideration given to proper progression from the simple to the complex.
5. Keen interest in individual accomplishment may be increased by the aid of progress charts in the gymnasium.
6. The correct dosage of exercise is essential. Too little exercise does not equip the individual to be able to live an arduous life without undue fatigue. Too much exercise might prove harmful if it results in staleness and irritability.

The Navy V-5 program showed that a man could attain excellent physical condition in about eight weeks regardless of his inferior physical condition when he entered. He was put in the Sub Squad as measured by the minimum requirements. Push ups — 8; chins — 6; jump-reach — 15; speed agility — 42. Physical Fitness Index (pack test) — 59.

The standards of the regular cadets at the Pre-Flight Schools is: push-ups — 20; chins — 6; vertical jump — 16 inches; speed agility — 33 seconds. Usually the Cadet was on a par with his regular group in about 4 or 5 weeks. The results shown by the V-5 program have convinced the author that the first 3 or 4 weeks in gymnastics should emphasize all-out-effort activities. Why not supplement other mild physical education activities, such as, archery, skish, etc., with all-out-effort activities. Miss Gene Kidder, supervisor of Physical Education of Meridian, Miss. Public Schools, incorporated all-out-effort activities into the curriculum of the public schools this year.



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Holds glasses from slipping, sliding, falling off or being accidentally knocked off in any sport. Adjustable rubber tips — adjustable elastic band. Retail \$1.00 each.

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The gravity-fed Florline Marking Machine that rolls safety and parking lines as well as painted lines on grass football fields, is now combined with a spray machine which makes it a multi-duty unit for a wide variety of applications. The "Two-or-One" Florline is two independent machines that may be used together or separately, by one operator or two as manpower dictates.

The 5-gallon Florline rolls lines with no mist hazard; makes lines flush to barriers and vertically up curb or wall. The companion unit is composed of a 3 H.P. Briggs & Stratton Engine, piston-type Compressor and Spray Gun, both of a famous make. It sprays curbs, posts, parking barriers, stencils and serves as a portable compressor for many other air and painting needs.

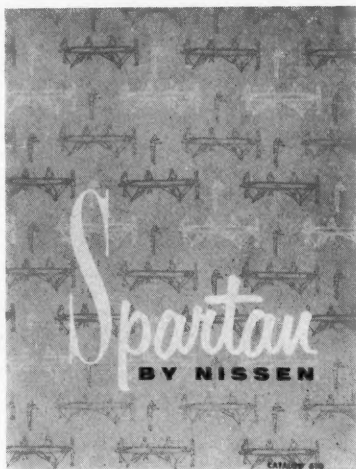
Combined, a single operator can complete both marking and spraying jobs, before moving to the next area. Additional feature is a tube forward to blow surface clean ahead of roller, saving sweeping as a separate time-consuming operation. For two-man operation, the units are separated in seconds and save the cost and inefficiency of two men being on-the-job with only one machine to use.

Sturdy and compact, both units can readily be placed in the trunk of a car, eliminating truck and two men handling requirements. Fully guaranteed, the new Florline "Two-or-One" Machine is priced at \$345.00, F.O.B. New Hudson, Michigan, by the H. C. Sweet Company. Optional equipment available. Also complete line of Gravity Feed Machines where spray equipment not required.

FOR THE COACH

SLOT T FOOTBALL

by MAX SPILSBURY — Here is the first book to explain Slot T football — the unbeatable new offense that combines the power of the T formation running game with long-range spread formation passing. Coach Max Spilsbury is the leading exponent of this dynamic new brand of football. His outstanding record attests to the effectiveness of the Slot T. In 5 years of high school and 5 years of small college coaching he has gone undefeated twice and has never had a losing season. Now in this clearly written handbook he shows how to coach every phase of Slot T football and reveals all the tactics and strategy of this devastating attack. More than 100 easy-to-follow diagrams and illustrations make each passing and running play crystal-clear. — Prentice-Hall, Inc., Englewood Cliffs, N. J.

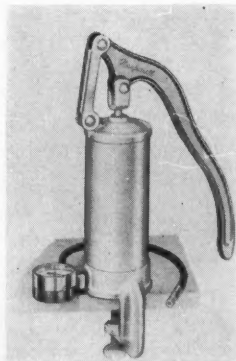


NEW SPARTAN BRAND

A completely new line of rebound tumbling equipment for schools, colleges, camps, and recreation centers is being introduced by the Nissen Trampoline Company.

The new Spartan brand equipment will retain the traditional design and quality features that have made Nissen the world's largest manufacturer of rebound tumbling equipment. The colorful green finish is electro-statically applied and baked on for a more permanent finish. All Spartan Trampoline units are portable; conveniently fold for easy storage.

For complete information, write Nissen Trampoline Company, Cedar Rapids, Iowa.



NONPAREIL AIR INFLATOR

Mr. George M. McNutt, Vice President and Sales Manager of Nonpareil Div. of Gared Corporation announced that a new table-type Air Inflator has been added to their line of athletic equipment. The Inflator comes complete with gauge and hose for inflating footballs, basketballs and soccer balls, etc.

The air hose is equipped with brass fittings that will accommodate all standard needle valves. The air gauge measures a maximum of 30 lbs. pressure in 1 lb. graduations.

The cylinder body is of extra heavy steel with cast base, handle and cap. Thumb screw vise makes it easy to attach the Inflator to your table or bench.

Further information regarding the new Nonpareil Air Inflator may be received by writing Nonpareil Div. of Gared Corporation, 918 Mullamphy Street, St. Louis 6, Missouri.



KWIK-KOLD

The problem of producing an ice pack for emergency purposes when no ice is readily available is solved by Kwik-Kold — a plastic package of chemicals that becomes an instant cold pack for fast first aid treatment.

The new pack provides 20°F. cold within two seconds after being activated by simply squeezing the package. The temperature is maintained for approximately 30 minutes, which is the critical period, to prevent swelling, pain and discoloration resulting from an injury.

Small, light and convenient to use, Kwik-Kold consists of an outer bag containing chemical crystals and an inner bag containing a liquid. A slight pressure on the entire package breaks open the inner bag and the cold is produced when the two chemicals mix. While the package is made of a tough plastic, the contents of Kwik-Kold are absolutely harmless in the unlikely event that the outer bag should be punctured.

Kwik-Kold was developed in answer to a serious need for a safe portable ice pack that can be brought immediately into use both on the athletic field and in industry where ice is not usually available. It is designed for first aid treatment of those injuries where cold is specifically indicated as a first aid measure. This includes sprains, bruises, contusions, fractures, insect and snake bites, and in cases of high fever.

The package is 6" x 9", is flexible so that it molds itself to the various parts of the body, and produces a dry cold. It does not require special storage or insulation, and can be stored for more than two years without losing any of its effectiveness.

Kwik-Kold is a product of International Latex Corporation.

POP WARNER CONFERENCE

(Continued from Page 39)

The Grand Opening is one of the more colorful events for youths in the Los Angeles area. Starting with the 11 teams in 1958 with their colorful uniforms and the cheering teams in their colorful uniforms, too, down through this past year 1960 when 36 teams and cheering teams or sections assembled on the one field for the pre-games ceremonies, one had to pause for a few seconds and give thanks to those who had the foresight in 1957 to see what this program could do for our youth, and to those who are carrying on with the program, to insure that more and more of the youths are able to take advantage of it.

To emphasize just a little more, the magnitude the Pop Warner King Football Conference has built up, one needs to review the various Bowl games that have been played with a member of the Conference being one of the participating teams, such Bowl games as the National Pop Warner Football Festival (which was also released in a TV series in 1960 by Mr. Disney), the Ed Miller Bowl started in Contra Costa, and alternating with

a team of the Conference, the Jr. Polio Bowl, the Apple Bowl, the Hula Bowl, and the Strawberry Bowl, just to mention some. Then there have been teams from all parts of the United States come here, such as Hoboken, New Jersey, Honolulu, Hawaii, Gastonia, North Carolina, Houston, Texas, and teams from other parts of the country.

With the fast tempo of living this country is witnessing, it is most gratifying when one can hear in person from parents or other interested people what deep gratitude they have for such a wonderful program which has brought friendship, acquaintance and closeness with so many fine people. This is the kind of friendship that has been missing far too long. Or, maybe the greatest single tribute is to hear, "This program has brought our family together just when it seemed so certain of drifting apart". The King Football Conference hopes to keep building character in all who become associated with the program and they are the first to admit that without the parents, it just couldn't be a success.

SOUTHWEST

(Continued from page 37)

magazine preview of Southwest collegiate and high school football for two years, rates the SWC teams thusly:

- "1. RICE — The right team with the right schedule.
- "2. TEXAS — In a word: loaded.
- "3. ARKANSAS — Despite defensive problems defending champs rate big again.
- "4. BAYLOR — As dangerous as any . . . until the depth comes into view.
- "5. TEXAS A&M — Muscle and defense; the best darkhorse choice.

- "6. TCU — Capable of upsets, but rebuilding.
- "7. TEXAS TECH — Improved, but not there yet.
- "8. SMU — A long hard ride for the Ponies."

WALT DISNEY PRODUCTION will dramatize POP WARNER PLAY

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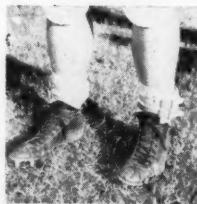
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COACH & ATHLETE / AUGUST, 1961



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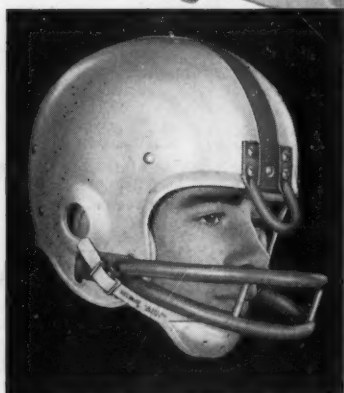
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